Bayou Banquet®

RECIPES FROM A POTPOURRI OF CULTURES

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CRAB BOIL
TABASCO
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BEER
HOLMES
Louisiana
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Bayou Banquet®

D. H. Holmes collection of kitchen-tested original recipes based on centuries old recipes of New Orleans and the bayou country of Louisiana.

Published by

D. H. HOLMES CO., LTD.
819 CANAL STREET
NEW ORLEANS, LA. 70112

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641.59763

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First Edition
Printed in
New Orleans, La.

927307

APPETIZERS, BEVERAGES

APPETIZERS — The celebration of many festivals provides Southern hostesses with numerous occasions to entertain at home. "Finger-foods", such as these in Bayou Banquet,® arouse the appetite for the dinner to follow, and provide a "base" for the alcoholic beverages served during cocktails. With a little imagination and an increase in serving sizes, many appetizers become main courses for brunches, luncheons, dinners and suppers.

BEVERAGES — Southern hostesses are particular about the beverages they serve at social gatherings, from pre-dinner cocktails to steaming pots of chicory coffee ... au lait or exotic with liqueurs ... following. Here we present beverage recipes to assist you in making all your affairs memorable. Many have been handed down from generation to generation.

FLAVORED FRENCH MELBA ROUNDS

12 small French bread rolls
2 sticks butter or margarine
1 jar Parmesan and Romano cheese
or
2 sticks butter or margarine
4 tubes anchovy paste

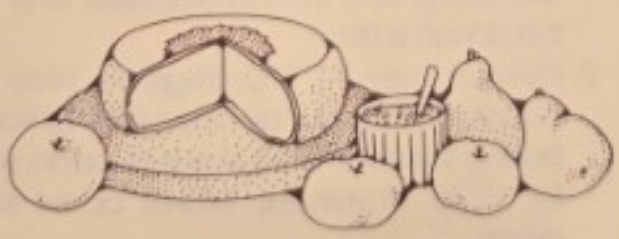
1. Allow butter or margarine to soften to room temperature.
2. Preheat oven to 300 degrees.
3. Combine cheese and butter, or anchovy paste and butter.
4. Slice rolls very thinly (10-12 slices). This is easier if rolls have been frozen first.
5. Spread butter mixture on bread slices and bake on cookie sheet at 300 degrees for 45 minutes to 1 hour, until slightly browned. Excellent served alone or as an accompaniment to other appetizers.

BAKED BRIE

2½ or 3 lb. round of brie rind intact
½ C. chopped pecans, walnuts or almonds
⅓ C. dark, brown sugar (optional)
2 tbsp. browned butter*

1. Place the brie in an attractive oven-proof serving dish.
2. Sprinkle nuts over the brie.
3. Spoon the butter over all.
4. Place the sugar in the center of the brie, in a circular design. (This is so that those who desire their cheese without sugar may serve their portion from the outer edges).
5. Bake in a 350 degree oven for 30 minutes.
6. Remove from oven and allow to stand at room temperature for 30-45 minutes before serving.

* *See Index.*



CHEDDAR CHEESE FONDUE

1 clove garlic
1 lb. sharp cheddar, grated
1 tbsp. flour
1 C. beer or dry white wine
1 tbsp. dry mustard
Salt, black pepper, to taste
Dash of nutmeg
Tabasco® to taste

1. Rub a fondue pot with garlic and add beer. Warm on top the stove.
2. In a separate bowl, dredge cheese with flour thoroughly.
3. Slowly add cheese to beer and stir constantly. Add mustard, pepper, salt, nutmeg, and Tabasco to taste and continue stirring until cheese is melted and the consistency is good. (If you think it is too thin, thicken with cornstarch that has been blended in cold water).
4. Place the fondue pot over a sterno or on a hotplate to keep it warm. Serve with little chunks of French bread that can be dipped in with forks or small skewers.

   Swiss cheese may be substituted for cheddar. If Swiss cheese is used, try white wine instead of beer.

Different foods may be experimented with in serving fondues. For example, sliced, cooked sausage rounds — about ¾ inch thick are excellent dipped in the fondue, or bite-sized meatballs. Try the cheddar cheese fondue as a dip for raw vegetables or even apple slices!

CHEESE COOKIES

2 C. grated cheddar cheese
1 C. soft butter
2 C. sifted flour
1 tsp. salt

1. Cream the cheese and butter together. Add the flour and salt and mix until the dough is smooth and well blended. Shape dough into rolls about one inch in diameter. Chill until the dough is firm.
2. Preheat oven to 350 degrees. Slice the dough into thin rounds. Place on ungreased baking sheets at least one inch apart. Bake for 12 to 15 minutes. Makes about eight dozen.

CHEESE/OLIVE BALLS

20 medium sized stuffed green olives
1 C. cheddar cheese, grated
2 tbsp. butter
½ C. flour
Tabasco® to taste

1. Preheat oven to 350 degrees.
2. Cream the cheese and butter and add flour, Tabasco and mix well to form a dough.
3. Wrap the dough around each olive and bake on waxed paper on a cookie sheet, about 15 minutes.

Tasty bite-size morsels to serve warm at a cocktail party.

CHEESE PUFFS

1 C. water
¾ stick butter
Tabasco,® a few drops
1½ tsp. salt
1 tsp. white pepper
1 C. flour
4 eggs
1 C. grated cheese (any flavor)

1. Preheat oven to 375 degrees.
2. Bring the water, Tabasco, salt and pepper to boil and cook until the butter melts.
3. Remove from heat and add flour all at once. Stir with a wooden spoon until thoroughly mixed. Allow to cool for 5 minutes.
4. Add eggs, one at a time, blending thoroughly. Mixture will be stiff.
5. Drop by spoonfuls on a buttered baking sheet.
6. Bake at 375 degrees for approximately 20-25 minutes until puffed and lightly browned. Makes 2 dozen puffs.

CHEESE STRAWS

1½ sticks butter
10 oz. grated sharp cheddar cheese
2 C. flour (sifted once)
1 tsp. baking powder
¾ tsp. cayenne pepper
¼ tsp. salt

1. Preheat oven to 350 degrees.
2. Mix cheese and butter and cream well.
3. Add flour and seasonings, then mix well.
4. Fill the cylinder of a cookie gun, fitted with a single star or circle nozzle, with the mixture. It will be thick.
5. Press onto cookie sheet in lengths and bake about 15 minutes. Don't let them brown too much.
6. Cool and cut to desired length. Store in a tin container.

CHUTNEY CHEESE BALL

2 (8-oz.) pkgs. cream cheese
½ C. Major Grey's Chutney
2 tbsp. mayonnaise
1 tbsp. curry
½ tsp. dry mustard
1 C. toasted almonds, chopped
½ C. white raisins
½ C. pecans, chopped
Sherry (optional)

1. Thoroughly combine the cream cheese, chutney, mayonnaise, curry, mustard, raisins and half the chopped almonds. A little sherry, to taste, may be added here.
2. Roll into a ball or log shape.
3. Combine the pecans and remaining almonds and roll the cheese ball in the nuts.
4. Chill.

This improves with age, and is best made 2 or 3 days in advance. Serve with crackers or Melba toast.*

* *See Index*

FROMAGE CHAUD

1 lb. grated cheddar cheese
½ white onion, grated
1 C. commercial mayonnaise
Tabasco® to taste
1 egg, well beaten

1. Preheat oven to 325 degrees.
2. Mix cheese, onion, mayonnaise, Tabasco and egg all together in an oven-proof bowl, from which you will serve. Bake for about 20-30 minutes.

Serve with Melba, rye toast or crackers.

A simple, popular addition to your list of quick hors d'ouevres. You can add bits of chopped shrimp or bacon, but the cheese by itself is delicious.

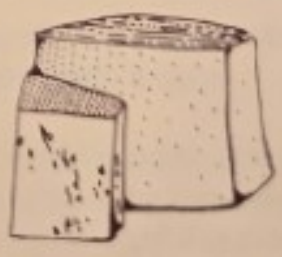
HOT CHEESE/BACON ROLL-UPS

1 loaf thin sliced bread
1 jar cheese, or soft cheese (type to your taste—experiment!)
1 lb. bacon

1. Remove crust from bread and cut each slice in half. Flatten bread with a rolling pin.
2. Spread lightly with cheese.
3. Roll up the bread slices, wrap with ½ strip of bacon and secure with wooden toothpick.
4. Put on a rack in a shallow baking pan and bake at 400 degrees until bacon is done.

These may be partially cooked, cooled and frozen. Just remove from freezer, place on a cookie sheet and bake until done. Makes 3-4 dozen.

Variation: Roll the bread and cheese around an asparagus spear, wrap with bacon, secure with toothpick and bake.



INDIVIDUAL QUICHES

10 (2-3 inch) frozen tart shells, thawed
1 C. grated cheese: Swiss, gruyere, cheddar
¼ C. Parmesan
4 green onions, finely chopped
½ C. of cooked chopped bacon, sautéed mushrooms, chopped ham, shrimp or crabmeat, raw vegetables (if frozen spinach is used, be sure to drain well), or any combination of these ingredients
¾ C. heavy cream
¾ C. milk
3 eggs
½ tsp. red pepper
½ tsp. salt
3 tsp. white wine (optional)

1. Preheat oven to 350 degrees.
2. Place cheeses and onions in thawed tart shells.
3. Combine all other ingredients and ladle over the cheese/onion mixture.
4. Bake approximately 30 minutes, until a knife inserted in center of custard comes out clean.

This is also delicious baked in tiny cocktail patties. Makes approximately 3 dozen.

ROQUEFORT CHEESE DIP

¾ C. heavy cream
¼ C. sour cream
8 oz. Roquefort (or blue cheese)
¼ tsp. salt
¼ tsp. white pepper
¼ tsp. Tabasco®

1. Combine cream and sour cream, salt, pepper, Tabasco preferably in food processor and blend briefly.
2. Add Roquefort and blend again but don't overdo it! Dip should be chunky. Makes one cup.

ROQUEFORT/PECAN WAFERS

¼ lb. Roquefort or blue cheese
½ C. pecans, chopped
1 stick soft butter
1 egg yolk
2 tbsp. heavy cream
1⅓ C. flour
1 whole egg, beaten
Tabasco,® several dashes

1. Preheat oven to 425 degrees.
2. Crumble the cheese in a bowl.
3. Beat in the butter, cream and egg yolk.
4. Add the pecans and Tabasco.
5. Knead in the flour, form it into a ball and wrap it in waxed paper or foil and chill until it is firm.
6. Roll the dough out very thin and cut into rounds.
7. Place on cookie sheet and brush with beaten egg.
8. Bake for 10-15 minutes at 425 degrees.

Other cheeses may be substituted, experiment!

CHICKEN LIVER PÂTÉ

2-4 tbsp. bacon grease
1 lb. chicken livers
1 C. chopped green onions
1 clove garlic, chopped fine
2 sticks butter, melted
1½ tsp. allspice
¼ tsp. thyme
4 tbsp. cognac
2 tbsp. Madeira wine
1½ tbsp. green peppercorns, drained
Salt and freshly ground pepper to taste
1 small can truffles (optional)

1. Sauté green onions and garlic over low heat for 3-5 minutes.
2. Add chicken livers, and cook until done, but still a little pink in the center.
3. Combine livers, onions, garlic, and bacon grease with remaining ingredients, and place in a blender a little at a time, blending until smooth.
   If additional liquid is needed, add a small amount of heavy cream.
4. Place the pâté in a crock or mold and refrigerate for at least 4 hours. Allow to stand for 30 minutes at room temperature before serving.
   Serve with slices of French bread or melba rounds.* Makes approximately 3 cups.

* *See Index.*

Tip: An interesting way to serve pâté: Hollow out a length of French bread, by removing the soft bread in the middle. Stuff the pâté into the French bread and refrigerate at least 4 hours. Remove from refrigerator and slice.

CHICKEN-LIVER MOUSSE

1 lb. chicken-livers, cleaned
½ C. green onions, minced
4 tbsp. butter
⅓ C. Madeira or port wine
¼ tsp. thyme
Pinch of allspice
Salt and pepper to taste
¼ C. heavy cream
½ lb. whipped, softened butter

1. Sauté onions in butter until transparent, add livers and sauté until they are stiffened, *but not done!* (Otherwise mousse will be gravy.) Put livers and onions into a food processor or blender.
2. Pour into sauté pan the wine: cook down over high fire until reduced to 2 tablespoons. Put this into blender, purée mixture while adding seasoning and cream. Allow to cool to room temperature.
3. Fold in the softened butter until all is smooth. Serve with buttered toast and olives.

Tip: This is a popular, basic recipe that can be varied. You might find the livers a little bitter at times, so add a few raisins to the wine in the pan. They purée with the livers and sweeten them, giving them a nice "grapey" taste. If you have duck or goose livers use them and make a sweeter, richer mousse.

STEAK À LA TARTARE

2 lbs. top sirloin, well ground
1 medium-size onion, grated
½ green pepper, finely chopped
1 raw egg
1 tbsp. capers and 1 tbsp. caper juice
3 tbsp. prepared hot mustard (Dijon or Creole)
2 tbsp. Worchestershire
Tabasco,® a few dashes
1 tbsp. salt (preferably Kosher)
¼ C. chopped fresh parsley

1. In a large bowl, mix all the ingredients together. Blend well. Refrigerate.
2. When ready to serve, choose a large tray and place lettuce leaves in the center. Mold the steak mixture in the center. Garnish with chopped parsley or chives. Add cherry tomatoes or sliced, red onions for color.
3. Serve with rye or pumpernickel bread and a dish of softened butter to spread on breads.

TIP: Can be stuffed in cherry tomatoes for a different cocktail innovation.

Tartare is a name given to mayonnaise prepared with crushed hard boiled egg yolks topped with chives.

À la Tartare is a name given to minced beef, seasoned and served as in recipe.

DEVILED HAM PUFFS

36 bread rounds, using thin sliced bread
½ lb. cream cheese, room temperature
1 tsp. onion juice or purée
½ tsp. baking powder
1 egg yolk
2 cans (2¼ oz.) deviled ham
Salt to taste

1. Preheat oven to 375 degrees.
2. Toast bread rounds on one side.
3. Blend baking powder with the egg yolk and add to cheese, onion juice and salt.
4. On each bread round, place the deviled ham, top with cheese mixture, another bread round and repeat the process, ending always with a cheese mixture.
5. Bake at 375 degrees or until puffy and brown, 10-12 minutes.

Variation: Deviled Clam Puffs. Substitute 2 cans (2¼ ounces) minced clams for the ham.

SWEET AND SOUR MEATBALLS

1 tbsp. butter
2 tbsp. onion, chopped
2 tbsp. celery, chopped
2 tbsp. green onions
2 cloves garlic, minced
2 tbsp. parsley, chopped
1 lb. lean ground beef
1 lb. ground pork
1½ C. coarse fresh French bread crumbs
¼ C. milk
2 eggs, well beaten
1 tsp. black pepper
1 tsp. salt
1 tsp. sugar
1 tbsp. Worcestershire
1 tbsp. lemon juice

1. In a skillet, sauté onions in butter until soft; add celery, green onions, garlic and parsley and continue cooking over medium heat until vegetables are soft.
2. Combine bread crumbs and milk in a mixing cup and let sit for about 5 minutes.
3. In a large bowl combine pork and beef and add beaten eggs, salt, pepper, Worcestershire, sugar and lemon juice. Then add bread crumbs and milk and mix well until all ingredients are well blended.
4. Form the meat mixture into bite-size balls, about an inch. Place in a lightly greased, long flat pan with sides. Bake in oven for about 30 minutes.
5. Remove from pan with a slotted spoon or a spatula to let any grease drip off. Put into a chafing dish and pour Sweet & Sour Sauce over meatballs. Serve with toothpicks. Have a hot mustard sauce handy,* to dip them in.

It can be made ahead of time and frozen.

A light barbeque sauce can be substituted.

* *See Index.*

SWEET AND SOUR SAUCE

2 tbsp. cornstarch
½ C. water
4 tbsp. sugar
4 tbsp. vinegar (rice vinegar, preferably)
5 tbsp. catsup
5 tbsp. pineapple or orange juice
4 tbsp. soy sauce
2 tbsp. sherry
3 tbsp. apricot or pineapple preserves

1. In a custard cup, blend cornstarch in water.
2. Mix all other ingredients in a bowl and blend well. Pour into a saucepan and bring to a simmer. Add cornstarch mixture and simmer until it thickens. If too thick, thin with water or juice. Makes about a cup.

RICHER SWEET AND SOUR SAUCE

½ C. chutney
½ C. plum jam
¼ C. cold water
1 tbsp. sugar
1 tbsp. vinegar

1. Combine ingredients in a small saucepan, simmer a minute or two. Can be stored in the refrigerator.

DAUBE GLACÉ

1 C. shredded meat (left-over roast, brisket etc.)
15 green olives, stuffed
1 hard cooked egg, chopped coarsely
2 cans beef consommé
2 pkgs. unflavored gelatin
6 green onions, finely chopped
1 stalk celery, chopped
2 cloves garlic, finely chopped
2 tbsp. parsley, finely chopped
Tabasco® to taste
Salt and pepper to taste
1 tsp. lemon juice

1. Grease a mold and put meat, egg and olives in the bottom. Dissolve gelatin in 1 can heated consommé. Combine other can of consommé and onions, celery, parsley, garlic, Tabasco, salt, pepper, and lemon juice and pour over meat and chill until it hardens.
2. Garnish with watercress, serve with melba round* toast and Rapid Sauce.*

* *See Index.*

Variation: Chicken Daube Glacé

Substitute chicken for the meat and chicken consommé for the beef.

Daube is a method of cooking meat, as well as poultry or game. The meat is browned in stock, generally red wine, with other ingredients.

Glacé is a French adjective signifying frozen or chilled. Daube can be eaten cold or hot!

RAPID DAUBE SAUCE

½ C. sour cream
½ C. mayonnaise
3 tsp. fresh dill
2 tsp. dry mustard
3 tbsp. horseradish
Salt and pepper to taste

1. Mix all ingredients and chill. Serve as an accompaniment to the Daube Glacé. Makes 1 cup.

SAUSAGE ROLLS

2 C. flour
½ tsp. salt
3 tsp. baking powder
5 tbsp. shortening
⅔ C. milk
1 lb. hot or mild bulk sausage

1. Mix flour, salt, baking powder, shortening, and milk as for biscuits. Divide the dough in two separate pieces and roll about ¼ inch thick.
2. Place one-half the bulk sausage on one piece of dough and one-half on the other and roll to cover sausage. You can put these in the freezer encased in wax paper.
3. When ready to serve, slice about ¼ inch thick and bake on a cookie sheet at 400 degrees — about 30-35 minutes.

You can substitute your favorite, prepared biscuit mix, if you like.

CAVIAR MOUSSE

3½ oz. red caviar
4 green onions (including tops)
½ tsp. grated lemon rind
1 pint sour cream
1 envelope gelatin
¼ C. water

1. Finely chop green onions. Mix together onions, lemon rind, and caviar. Stir sour cream into this mixture.
2. Sprinkle gelatin over the water in a saucepan and cook over low heat, stirring constantly, until gelatin is dissolved. Stir the gelatin into sour cream mixture. Pour into a two cup mold which has been greased with a little cooking oil. Chill until firm. Serve with melba toast.*

* *See Index.*

OYSTER/ARTICHOKE APPETIZER

2 sticks butter (not margarine)
¾ C. flour
8 large green onions, chopped fine
4 cloves garlic, pressed
4 dozen oysters, drained and coarsely chopped
8 fresh artichokes, cooked, leaves scraped and bottoms chopped very coarsely or...
2 dozen canned water packed artichoke hearts chopped coarsely
12 mushrooms, chopped
4 tbsp. parsley
½ C. dry red wine
Salt and freshly ground black pepper to taste
Parmesan cheese
Unseasoned bread crumbs, for topping

1. Over medium heat, melt the butter, and when it is bubbly, add the flour and cook, stirring constantly until the flour is a rich brown color and has a nutty aroma. Be careful not to burn!
2. Add green onions, garlic and mushrooms and sauté for about 3 minutes, stirring constantly.
3. Add oysters and cook for about 5 minutes.
4. Add the artichokes, parsley and wine and cook another 3-5 minutes.
5. This may be served in individual ramekins as a first course, as a hot hors d'oeuvre with very plain crackers or in patty shells. At any rate, place the oyster/artichoke mixture in the ramekins, an oven-proof casserole dish or in patty shells.
6. Top with a scant amount of Parmesan cheese and bread crumbs. Bake until hot for about 20 minutes at 350 degrees.

OYSTERS ROCKEFELLER

4 dozen oysters and shells
3 pkgs. frozen chopped spinach
1 bunch green onions
1 bunch parsley
2 small cloves garlic
⅓ C. Pernod
1 lb. melted butter (not margarine)
8 oz. catsup
5-oz. Worcestershire
½ tube anchovy paste
1 C. bread crumbs
Salt and pepper to taste

1. Put the spinach, green onions, parsley and garlic in the blender a little at a time, adding some of any one of the liquids to facilitate blending.
2. When these are thoroughly blended, combine with remaining ingredients.
3. Preheat oven to 450 degrees.
4. Place oysters in shells on a bed of rock salt in a broiler pan. Place in oven until edges of oyster curl.
5. Cover each oyster with Rockefeller Sauce and run under the broiler until lightly browned, about 5 minutes.

If shells are not available, oysters may be cooked in a greased baking dish or individual ramekins, without the rock salt.
This sauce will keep for 1 month in the refrigerator, several months in the freezer. Serves 8.

OYSTER PATTIES

1½ sticks butter
½ tbsp. thyme
½ C. flour
3 C. milk
½ bunch green onions, chopped fine
1½ tbsp. chopped parsley
3 dozen oysters, drained and chopped
Cayenne pepper, to taste
4 dozen prepared cocktail patty shells

1. In a deep skillet, sauté green onions and thyme in stick of butter.
2. Add flour and cook over low heat, stirring to keep flour from browning. Cook 3-5 minutes.
3. Remove skillet from heat and add milk, stirring briskly to keep sauce from lumping.
4. Return pan to fire and stir until mixture thickens.
5. Add oysters and cook over low heat for about 5 minutes. If the sauce is too thin, stir some of the sauce into 2 tbsp. of flour and add back to the sauce.
6. Add remaining ½ stick butter.

This may be made ahead and put into patty shells and heated at 350 degrees for 20 minutes.

Makes approximately 48-50 cocktail patties.

SALMON MOLD

2 (16-oz.) cans salmon, drained and flaked
1 (8-oz.) pkg. cream cheese, softened
½ C. chopped green onion
3 tbsp. lemon juice
1 tsp. dill weed
2 tsp. horseradish
½ tsp. freshly ground pepper
¼ tsp. seasoned salt
1 tsp. Worcestershire
¼ tsp. liquid smoke
Tabasco® to taste
½ C. chopped pecans
½ C. chopped celery

1. Combine first 11 ingredients.
2. Shape into a fish shape, either by placing it in a greased fish mold and turning it out or by shaping with your hands.
3. Sprinkle pecans and parsley over it for garnish.
4. Chill until ready to use.
   Serve with crackers.

This freezes well and may be defrosted in the refrigerator.

SHRIMP MOUSSE II

1½ envelope unflavored gelatin
½ C. warm water
1 C. whipping cream, whipped
2 C. cooked shrimp, chopped fine
½ C. green onions, chopped fine
1 tbsp. fresh parsley, chopped fine
⅓ C. celery, chopped fine
½ tsp. dill weed
½ tsp. dry mustard
Tabasco,* a few drops
2 tsp. paprika
Juice of ½ lemon
Salt and cayenne pepper
3 tbsp. mayonnaise*
Curly parsley for garnish

1. Soften the gelatin in the warm water until gelatin is completely dissolved.
2. Combine all other ingredients, add and stir in the gelatin to them.
3. Place in a lightly greased 4 cup mold.
4. Chill for several hours.
5. Unmold on serving plate, garnish with parsley and serve with plain crackers or melba rounds.*

This can also be made with cooked crawfish tails, or a combination or shrimp and crawfish.

* *See Index.*

OYSTERS PAN ROAST

½ C. butter
½ C. green onions, chopped
Pinch of thyme
1 bayleaf, crushed
1 C. seasoned bread crumbs
4 doz. oysters and liquor
Salt and pepper to taste
½ to ¾ C. grated Italian cheese

1. Pre-heat broiler.
2. In a saucepan on top of the stove, sauté green onions in butter until soft. Add oysters and their liquor, cook until the oysters begin to curl. Make sure some of the liquor is reduced. Salt and pepper to taste.
3. Place mixture in a large shallow baking dish. Sprinkle bread crumbs and Italian cheese over the mixture.
4. Put under the broiler until topping is brown, about 3 to 5 minutes.

Serve with hot sliced French bread or melba toast or you can serve this dish in individual ramekins.

Variation: Oyster/Mushroom Pan Roast: Cook about 2 cups sliced mushrooms in butter to reduce the mushroom liquid. Add to oyster mixture then put the topping on and broil.

MOUSSE DE POISSON

- 3 C. cooked fish, broken into small pieces
- 8 oz. cream cheese
- 1 C. sour cream
- ½ C. mayonnaise
- ½ C. minced onions
- ¼ C. minced green onions
- ¼ C. chili sauce (optional)
- 1½ tbsp. Worcestershire
- ¼ tsp. Tabasco®
- Salt to taste
- Juice of 2 lemons
- 1 tbsp. unflavored gelatin
- ⅛ C. cold water

1. Poach fish in boiling, salted water with lemon slices, *don't overcook.* Drain well, break into small pieces and set aside.
2. Cream together (food processor is good for this) cheese, sour cream, mayonnaise. Add seasonings.
3. Dissolve gelatin in cold water and lemon juice. Heat in top of double boiler for 5 minutes. Add to cheese mixture along with the fish. Fold in carefully so as not to break up fish too much. Pour into a lightly greased mold and refrigerate at least 6 hours.

Crabmeat, crawfish or shrimp can be substituted for the fish.

OYSTERS IN CHAFING DISH

- ½ C. cooking oil
- ½ C. flour
- 2 stalks celery, finely chopped
- 1 medium yellow onion, finely chopped
- 4 cloves garlic, finely chopped
- 4 dozen medium-sized fresh oysters and the oyster liquor
- Salt and pepper to taste
- Tabasco® to taste
- ½ C. green onions, chopped
- ½ C. fresh parsley, chopped
- 2 C. sliced, fresh mushrooms
- 1½ C. fresh French bread crumbs
- 2 tbsp. lemon juice
- Beef extract, or kitchen bouquet, if necessary (optional)

1. In a large heavy skillet on top of the stove, make a golden brown roux (about color of a brown paper bag) by cooking oil and flour. Stir constantly.
2. When roux is golden brown, add the celery, onion and garlic and continue to mix and stir, about 10-15 minutes.
3. Chop the oysters coarsely (this can be done by placing oysters and their liquor in the food processor for a few seconds). Add oysters and liquor to the mixture in skillet. Cook out liquid, stirring constantly over medium heat.
4. Add salt, pepper and Tabasco. Then add mushrooms, green onions, parsley and bread crumbs. Continue to stir and mix thoroughly — about 3-5 minutes. The mixture should be thickening. If you want to thicken it further, add more bread crumbs. If you want the color of the dish to be darker, add some kitchen bouquet or beef extract.
5. Remove from fire and add lemon juice. Put in a chafing dish. Serve with thinly sliced toasted French bread.

SHRIMP PÂTÉ

½ lb. cooked, peeled shrimp
½ C. butter, room temperature
2 tbsp. dry sherry
1 tbsp. lemon juice
1 tbsp. grated onion
¼ tsp. ground mace (optional)
¼ tsp. dry mustard
¼ tsp. cayenne pepper

1. Put shrimp through finest blade of the food grinder, or chop as fine as possible.
2. Cream butter and blend in sherry, lemon juice, onion, mace, mustard and cayenne.
3. Add shrimp and beat until smooth.
4. Refrigerate, in your favorite bowl, mold or a country-type crock.

Serve cold with melba rounds.*

* *See Index.*

MARINATED OYSTERS

½ gallon oysters, drained
1 medium onion, finely chopped
1 C. finely chopped green onions
½ C. finely chopped parsley
1 stalk celery, finely chopped (optional)
¾ C. sliced stuffed olives
Salt and pepper to taste

Marinade:
1 C. olive oil
3 oz. fresh lemon juice
2 tbsp. horseradish, or to taste
1 tbsp. Creole or Dijon mustard
Catsup, to taste (optional)
Tabasco,* several drops
3 cloves garlic, pressed

1. Combine oysters with the next seven ingredients in a deep bowl.
2. Combine the marinade ingredients and pour over the oyster mixture.
3. Allow this to marinate overnight. Toss gently several times during this period.

Serve by placing the bowl of marinated oysters on a bed of ice in a large bowl.

This should be accompanied by crackers or melba rounds.*

Cocktail or regular forks or toothpicks should be provided.

* *See Index.*

SHRIMP ROLLS

½ C. shrimp, boiled and chopped*
3 tbsp. mayonnaise*
3 tbsp. chopped avocado
¼ tsp. dry mustard
2 tsp. lime juice
6-8 slices fresh white bread
Salt, pepper to taste
Parsley or paprika to garnish

1. Combine shrimp, mayonnaise, avocado, mustard, lime juice, salt and pepper. Refrigerate until ready to serve.
2. Trim crust from the fresh bread (save the crust). Spread the shrimp mixture evenly and roll up. Cut into thirds. Try to tuck a piece of parsley in the ends or sprinkle a little paprika for a garnish.

Other ingredients may be substituted for the shrimp. Crawfish, ham, or chicken may be used. Or, perhaps you might want to use asparagus. There are limitless possibilities for this simple, savory hors d'ouevres. Try experimenting.

* *See Index.*

Tip: Save the crusts from your white bread, and use them to make bread crumbs by toasting them; drying them out in the oven, rolling them or putting them in the food processor.

SHRIMP MOUSSE I

1 envelope gelatin
¼ C. boiling water
1 8-oz. pkg. cream cheese
1 lb. cooked shrimp (chopped fine)
½ tsp. onion puree
⅛ tsp. garlic powder
2 tbsp. mayonnaise*
⅓ tube anchovy paste
1 tbsp. Worcestershire
½ tsp. Tabasco®

1. Dissolve gelatin in the boiling water.
2. Add remaining ingredients, combining thoroughly until smooth.
3. Chill in bowl overnight.

Serve with crackers.

* *See Index.*

SHRIMP DIP

8 oz. cream cheese at room temperature
¼ C. sour cream
1 tbsp. lemon juice
3 tbsp. thinly sliced green onions
½ tsp. crushed red pepper
1 tbsp. milk
½ lb. cooked, shelled shrimp, chopped
Salt, to taste
2 tbsp. toasted slivered almonds
Crisp raw vegetables or melba rounds*

1. Beat the cream cheese and sour cream together until smooth and fluffy.
2. Stir in lemon juice, green onion, red pepper, milk and shrimp. (Reserve a few shrimp for garnish).
3. Season to taste with salt, cover and chill 2-4 hours.
4. Serve topped with reserved shrimp and almonds. Surround with a variety of crisp vegetables or melba rounds.

* *See Index.*

SHRIMP CANAPÉS

1 lb. shrimp, boiled*
6-oz. cream cheese
2 tbsp. catsup
3 tbsp. sour cream
½ tsp. curry powder
1 tsp. fresh dill, chopped
1 tsp. lime juice
Salt, black pepper to taste
Tabasco® to taste
½ tsp. chili powder

1. Chop shrimp finely. Combine softened cheese, catsup and sour cream, preferably in a food processor.
2. Add curry, dill, lime juice, salt, pepper, Tabasco and chili powder. Blend well. A good, smooth spread on French melba toast,* or crackers. (You can pre-spread or serve in a bowl surrounded by toast or crackers.)

* *See Index.*

HOT OYSTER APPETIZER

3-4 tbsp. bacon grease and/or butter
3 bunches green onions, finely chopped
3 bunches parsley, finely chopped
3-4 cloves garlic, minced
3 dozen oysters chopped and drained, but reserve the liquor
½ loaf stale French bread
Salt and freshly ground black pepper, to taste

1. Slice the French bread and soak in the oyster liquor.
2. Sauté the green onions, parsley and garlic in the bacon grease or butter for 10-15 minutes. Use low to medium heat, and stir constantly.
3. Add the drained, chopped oysters. Cook for 10-15 minutes after the addition of the oysters, stirring constantly.
4. Take the bread, which has been soaking in the oyster liquor, and squeeze out all liquid. Add this to the oysters, chopping the bread, if necessary.
5. Allow this to cook down a few more minutes, so that the excess liquid will cook off.
6. Season with salt and pepper. This may be made ahead and placed in a baking dish for re-heating 20-30 minutes at 350 degrees.

To stretch this, use a little ground meat. Serve with melba toast* rounds. Freezes well.

*See Index.

ANCHOVY OYSTERS IN BACON

1 lb. bacon
Small tube anchovy paste
3 dozen oysters

1. Cut bacon strips in half.
2. Spread strips generously with anchovy paste.
3. Wrap bacon, anchovy side in, around oysters and secure with toothpicks.
4. Place oysters on a rack in a shallow baking pan.
5. These may either be baked at 350 degrees, turning once, until bacon is crisp, or they may be broiled, turning once, until bacon is crisp.

MARINATED SHRIMP

3 lbs. shrimp
½ C. olive oil
½ C. salad oil
2 tbsp. lemon juice
2 tbsp. wine vinegar
1 lemon cut in thin slices
½ tsp. salt
⅛ tsp. red pepper
1 large red onion, thinly sliced
3 cloves garlic, pressed
4 chopped green onions
2 tbsp. capers, drained

1. Boil shrimp and peel.*
2. Put all other ingredients in a large jar and mix well. This can be done a day or so before.
3. Put shrimp in a large bowl and pour mixture over them. Cover and refrigerate for 24 hours, stirring occasionally.

Serve with toothpicks and ice cold beer. A summer treat. Serves 6-8.

* *See Index.*

Tip: To freeze raw shrimp. Remove heads. Wash in solution of 1 qt. water and 2 tbsp. salt. Drain. Cover them with water and freeze in cartons. Cooked shrimp don't freeze well.

CHILLED CRABMEAT APPETIZER

1 lb. lump crabmeat
2 tbsp. French dressing*
2 tbsp. mayonnaise*
1 tbsp. fresh lemon juice
2 green onions, chopped very fine
½ tsp. dry mustard
Salt, pepper, and Tabasco® to taste
2 tbsp. capers (optional)

1. Remove bits of cartilage and shell from crabmeat, cut into small chunks, if necessary, and place with capers, if desired in bowl.
2. Combine remaining ingredients and pour over crabmeat. Refrigerate several hours. Serve with toast points.

Tip: To stretch this, add chopped hard-cooked eggs. This is delicious for cocktail parties or brunches.

CRABMEAT MORNAY

2 lb. canned white, lump crabmeat
2 sticks butter
4 tbsp. flour
2 bunches green onions, chopped
½ bunch parsley, chopped
1 pint heavy cream, warmed
1 pint half & half cream, warmed
1 lb. Swiss cheese, grated
4 tbsp. sherry
Salt and red pepper to taste

1. Pick gently through crabmeat to eliminate possible shells.
2. Melt butter and stir in flour. Cook about 3-5 minutes and add green onions and parsley and cook until soft — stirring constantly.
3. Gradually add warm cream and half-and-half, continue to stir. When sauce is well blended, add cheese and allow to melt.
4. Add pepper — then crabmeat, sherry and lastly add salt to taste.

Serve in a chafing dish with toast points or fresh French melba.* An excellent, rich dish for a cocktail buffet. You can also serve this dish as a main course over rice or in party shells with a green salad. Serves 6-8 as main course, a lot more as hors d'ouevres.

* *See Index.*

MARINATED CRABS

2 doz. boiled crabs*
6 green onions, chopped
2 stalks celery, chopped
6 cloves garlic, minced
½ green pepper, chopped
1 red onion, chopped
2½ C. good olive oil
1 tbsp. pepper sauce
1 tsp. Worcestershire
1½ tsp. pepper
¼ C. white wine
Few dashes of wine vinegar

1. Clean boiled crabs and separate crab claws and bodies. Crack and remove meat from claws. Place crab bodies and claw meat in large salad bowl.
2. Combine remaining ingredients together in a large jar. Shake well. Pour over crabs. Marinate in refrigerator for about 6-8 hours before serving.
3. Place 4-6 crab bodies and sauce in individual bowls. (Or gather around the table with paper plates and lots of napkins and go to it.) Serve with hot garlic bread and cold beer.

INDIVIDUAL CRAWFISH PIES

18 to 24 unbaked 3" pie shells
2 lbs. cooked crawfish tails*
½ stick butter or margarine
7-8 tbsp. flour
1 med. onion, chopped
4 garlic cloves, pressed
4 green onions, chopped
¼ C. chopped celery
¾ C. chopped green pepper
4 tbsp. chopped parsley
3 tbsp. tomato sauce
1 C. half & half
¼ C. chicken stock
Salt, pepper, Tabasco®
½ lb. fresh mushrooms, sautéed in a little butter

1. Preheat oven to 400 degrees.
2. Melt butter, add flour and stir until blended.
3. Add next six ingredients and cook slowly for 8-10 minutes.
4. Add tomato paste and continue cooking 5-8 minutes.
5. Slowly add the chicken stock and half & half stirring constantly until thickened.
6. Add the crawfish tails and mushrooms and simmer slowly 5-10 minutes.
7. Spoon into pie shells, place pie shells on a cookie sheet and bake 30 minutes, or until done.

* *See Index.*

SAUCE D'ANCHOIS

6 oz. well drained anchovy fillets
¼ C. red wine vinegar
¾ C. olive oil
½ C. chopped parsley
4 cloves minced garlic
Pepper to taste
French bread slices or raw vegetables

1. Place anchovies and wine vinegar in blender or food processor and purée.
2. Add olive oil, parsley, garlic and pepper and blend well.
3. Cover and refrigerate several hours or overnight. Makes 2 cups.

Serve spread on bread or as a dip for raw vegetables of your choice.

CRUDITÉS (RAW VEGETABLES)

Cherry Tomatoes
Sugar Snap Peas, Zucchini
Celery, Mushrooms,
Cucumber
Yellow Squash
Green Peppers

1. Vegetables should be washed, trimmed and/or cut as desired, but are best eaten raw with anchovy mayonnaise, dill dressing or Sauce d'Anchois.*

* *See Index.*

BLANCHED CRUDITÉS

Asparagus (3 minutes)
Cauliflower (5 minutes)
Okra (6 minutes)
Carrots (3 minutes)
Broccoli (3 minutes)
Green beans (2-4 minutes)

1. These vegetables are best eaten after they have been "blanched" the times recommended. Blanching is a process by which the vegetables are quickly immersed in boiling water and then immediately immersed in ice cold water to stop cooking them further. Drain, cover and refrigerate until ready to use. Blanching enhances the flavor.
2. Arrange Crudités on a platter surrounding one of the following dips. An ever popular addition to your hors d'ouevres collection. Serve before dinner or lunch. Great to have leftovers for munching the next day.

ANCHOVY MAYONNAISE

1 qt. mayonnaise*
10 anchovy fillets packed in oil, chopped finely
2 cloves garlic, pressed
3 hard-boiled eggs, chopped finely
¼ C. minced parsley
2 tbsp. capers, chopped
Tabasco® to taste
Black pepper to taste

1. Mix all ingredients well and adjust seasoning. Keep in refrigerator until ready to use.

DILL DRESSING

1 C. French dressing
¼ C. chopped fresh dill
1 tbsp. grated onion
1 tbsp. lime juice
Salt and pepper to taste

1. Mix ingredients with salt and pepper in a jar. Refrigerate and allow to sit overnight.

MUSHROOMS STUFFED WITH LOUISIANA CLAMS

8 oz. fresh La. clams, chopped/liquid
16 large fresh mushrooms
1 stick butter
1 C. green onions, chopped
2 cloves garlic, minced
1 tbsp. parsley
2 slices wet bread
2 tbsp. seasoned bread crumbs
Parmesan cheese to taste
Black pepper, salt to taste
1 tbsp. lemon juice

1. Preheat oven to 350 degrees.
2. Pick through clams for any tiny shells and chop — allow liquid to remain.
3. Clean mushrooms and remove stems. Chop stems.
4. Melt butter in a saucepan and sauté green onions, garlic, parsley and the mushroom stems.
5. Add chopped clams and any liquid, then wet bread, bread crumbs and a little Parmesan cheese. Add black pepper and salt, if necessary, stirring constantly.
6. In a separate pan gently sauté whole mushrooms in about 2 tbsp. butter.
7. Remove mushrooms from pans and stuff with clam mixture. Bake for about 15 minutes and serve hot!

Canned clams can be substituted, but the fresh Louisiana clams are better.

STUFFED CHERRY TOMATOES

1 pt. cherry tomatoes
1 C. egg salad*
Curry powder, to taste

1. Cut stems off tomatoes and scoop out the seeds. Turn upside down on a piece of paper towel and let dry.
2. An hour or two before serving stuff them with finely chopped egg salad with a taste of curry powder.

* *See Index.*

Variation I:

½ C. sour cream and an ounce of red caviar. Fill tomatoes with sour cream and top with a few bits of caviar. Garnish with finely chopped parsley.

Variation II:

Mix cream cheese, a little mayonnaise, Tabasco, salt and pepper and chopped pecans, and stuff into cherry tomatoes.

MARINATED VEGETABLES

1 small cauliflower, florets
1 lb. whole mushrooms
1 bunch broccoli florets
18 pitted ripe olives, whole
12 small canned white onions
1 C. good olive oil
1½ C. white wine vinegar
2 tsp. salt
½ tsp. pepper
4 tbsp. sugar
1 clove garlic, pressed

1. Place first 5 ingredients in a large bowl.
2. Combine remaining ingredients in a sauce pan and bring to a boil, stirring to mix well and dissolve sugar.
3. Cool and pour over vegetables.
4. Marinate overnight, turning gently several times.
5. Drain and serve.

CAVIAR D'AUBERGINE

3 lb. eggplant
2 C. roasted pecans
6 cloves garlic
2 tsp. fresh, grated ginger (dried can be substituted, not nearly as good)
Pinch of allspice
Salt and pepper to taste
Tabasco® to taste
⅔ C. good olive oil

1. Roast the eggplant in a hot 450 degree oven until quite soft. After roasting, cool and peel them. You can leave the peel on, if you prefer — we do cut them down to blender or food processor size.
2. In the food processor or blender, purée together the pecans, garlic, ginger, allspice, salt, pepper and Tabasco. Add eggplant and purée all together.
3. *Slowly* trickle olive oil, taste for seasoning. Serve with buttered, garlic toast.

This recipe can be varied so experiment with it. We have made it with sesame paste and it's equally delicious and very popular.

Notes

STUFFED MUSHROOMS WITH CRABMEAT

- 3 lbs. large fresh mushrooms
- 1 lb. fresh crabmeat
- 1 small grated onion
- 3 tbsp. parsley, finely chopped
- ½ C. mayonnaise,* or enough to blend mixture together
- Salt, black pepper, Tabasco® to taste
- 1 C. grated cheddar cheese
- Butter

1. Preheat oven to 350 degrees.
2. Remove stems from mushrooms and chop stems. Mix stems gently with crabmeat, onion, parsley, mayonnaise, salt, pepper, Tabasco and cheese, making sure mixture is bound together.
3. Drizzle mushroom caps with butter and place in oven for about 10 minutes.
4. Remove and stuff mushrooms with crabmeat mixture. Return to oven and heat thoroughly — about 10-15 minutes.

* *See Index.*

EGGPLANT SPREAD

- 1 large eggplant
- 2 tbsp. olive oil
- ½ tsp. garlic salt
- 2 tsp. lemon juice
- 2 chopped green onions
- 1 tomato, chopped
- Salt and pepper to taste

1. Roast eggplant in 450 degree oven until done — 45 minutes to 1 hour.
2. Allow eggplant to cool slightly. Peel it and mash it as much as possible. You may place it, a little at a time, in a blender with the olive oil and lemon juice.
3. When the eggplant is blended with the olive oil and lemon juice, combine with remaining ingredients.

This is delicious spread on melba rounds or small slices of French bread.

ONION/PARMESAN PUFFS

1 small onion, sliced very thin
1 loaf thin sliced bread
1 tsp. horseradish
2 tbsp. mayonnaise*
Tabasco,* several drops
8-oz. pkg. cream cheese
Parmesan cheese
Salt and pepper to taste

1. Preheat oven to 315 degrees.
2. Cut the bread into 1½ inch rounds.
3. Combine the horseradish, mayonnaise, Tabasco, cream cheese, salt and pepper.
4. Each puff should be formed in this way: Top one bread round with a little of the cream cheese mixture, a thin slice of onion and a sprinkling of Parmesan cheese. Top this with another bread round and repeat the process.
5. Ice the entire puff with the cream cheese mixture and sprinkle the top with Parmesan cheese.

Bake on a cookie sheet at 375 degrees about 10 minutes, or until puffed. Makes 26-28 puffs.

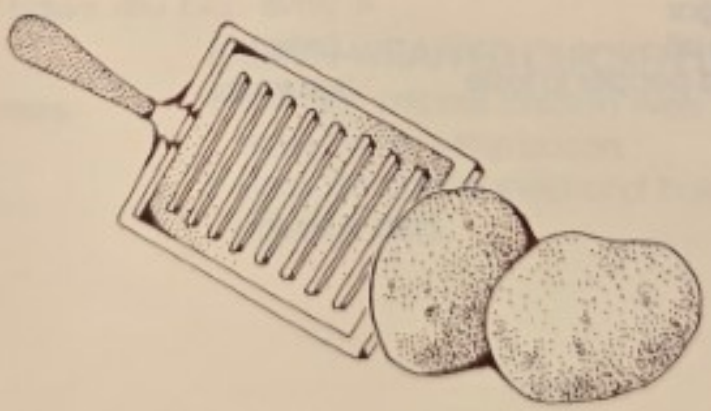
* *See Index.*

This may be frozen before baking and cooked the same way allowing a few more minutes.

SHREDDED POMME DE TERRE

Potatoes
Salt and Pepper
Oil for deep frying

1. Shred unpeeled potatoes with a vegetable peeler.
2. Fry in oil a few minutes until crisp.
3. Drain on paper towels.
4. Salt and pepper and serve.



ARTICHOKE NIBBLES

2 (6-oz.) jars marinated artichoke hearts
1 large onion chopped fine
1 clove garlic, pressed
4 eggs
¼ C. seasoned bread crumbs
½ tsp. salt
⅛ tsp. pepper
⅛ tsp. oregano
⅛ tsp. Tabasco*
½ lb. sharp cheddar cheese, grated
2 tbsp. minced parsley

1. Preheat oven to 325 degrees.
2. Drain the marinade from one jar of artichoke hearts into a skillet. Discard the marinade from the other jar.
3. Chop artichokes and set aside.
4. Sauté onion and garlic in the marinade until it is limp — about 5 minutes.
5. Beat eggs until fluffy.
6. Add bread crumbs, salt, pepper, oregano, and Tabasco to eggs.
7. Stir in cheese, parsley, artichokes, onion, and garlic. Mix well.
8. Pour into greased 11 x 7" baking pan and bake at 325 degrees for 30 minutes.
9. Let cool in pan and cut in squares. Serve warm or cold. May be reheated at 325 degrees. Makes 6 dozen.

AUBERGINE APPETIZER

2 tbsp. olive oil
1 large eggplant, unpeeled
2 (10 or 14-oz.) cans whole tomatoes, drained
2 (12-oz.) jars Italian olive salad mix, drained
¼ C. vinegar
¾ C. olive oil
Salt and pepper to taste

1. Cut the eggplant into 1-2 inch strips to sauté in the 2 tbsp. olive oil until tender.
2. Place eggplant in a bowl, season with salt and pepper, and add remaining ingredients.
3. Refrigerate at least overnight. Two to three days is even better.
4. Serve cold with melba rounds* or French bread.

* *See Index.*

AVOCADO DIP

3 ripe avocados
1 large tomato, chopped
Juice of 1 lemon
Salt, pepper, and Tabasco® to taste
½ C. chopped green onions

1. Peel and mash the avocados.
2. Add all other ingredients to the avocados, and mix thoroughly.

Chill, covered tightly with plastic wrap, or better yet, in a large air-tight covered jar, to prevent avocados from turning brown.

Excellent with crisp nachos, but can be served on toasted French bread rounds.

BACON-WRAPPED WATER CHESTNUTS

2 (10-oz.) cans water chestnuts
1 (5-oz.) bottle soy sauce
Granulated sugar
1 lb. bacon

1. Marinate water chestnuts in soy sauce at least 3 hours turning often.
2. Preheat oven to 400 degrees.
3. Roll water chestnuts in sugar.
4. Wrap each water chestnut in ½ strip bacon (do not stretch the bacon) and secure with toothpicks.
5. Place on cookie sheet and bake 15-20 minutes, or until bacon is crisp.

Can be made ahead, refrigerated and baked just before serving. Makes 35-40.

BACON-WRAPPED CHICKEN LIVERS

Chicken Livers (1 or more for each guest)
Bacon
Salt and pepper

1. Salt and pepper chicken livers and wrap each one in ½ strip bacon.
2. Place on cookie sheet and bake until the bacon is crisp.

TAPENADE

1 lb. black olives, pitted
2 large anchovies (or 2-oz. of tuna fish in oil)
2 cloves garlic
3 tbsp. capers
3 tbsp. olive oil
Black pepper to taste

1. Put pitted olives into blender or processor and add all other ingredients. Purée together. Serve with buttered toast or you can use this mixture to stuff cherry tomatoes or hard-boiled eggs.

So simple and so savory is this "bar regular."

SALTED PECANS

½ stick butter
1 lb. shelled pecans
1 tbsp. salt
½ tsp. white pepper

1. Preheat oven to 350 degrees.
2. Melt butter in a shallow baking pan.
3. Add pecans and stir them around in the butter so that all the nuts are well buttered.
4. Bake 20-30 minutes, stirring several times.
5. Remove from oven and sprinkle with salt and pepper.
6. Cool and serve.

These keep well in a tin or tightly covered jar.

VARIATION:

Add a few drops of Tabasco to the melted butter before baking.

ABSINTHE FRAPPÉ

1 tsp. simple syrup
1½ oz. Pernod or other Absinthe flavored substitute
Soda water

1. Fill an old fashioned glass with cracked ice and pour in all ingredients but soda water.
2. Frappé with spoon by rapidly agitating, while adding soda, until glass is full and well frosted.

BLACK RUSSIAN

1 jigger vodka
1 jigger Kahlua

1. Pour vodka over ice. Add Kahlua and stir lightly.

BLOODY MARY

⅛ tsp. celery salt
¼ tsp. black pepper
2 tbsp. Worcestershire
Dash of Tabasco®
Juice of ¼ lemon
½ tsp. horseradish
1½ oz. vodka or gin
Tomato juice

1. Mix first five ingredients in a 14-oz. glass.
2. Add vodka or gin, stir well, add several ice cubes, fill glass with tomato juice, and mix well.

This makes a pretty hot drink. You can always back off on the Tabasco, horseradish and/or black pepper to calm it down. All of the proportions are subject to change according to taste.

Variation I, BLOODY BULL:
Same recipe as Bloody Mary, but instead of all tomato juice, use half tomato juice and half beef consommé.
Variation II, BULL SHOT:
Same as above, substituting beef consommé for the tomato juice.

BOURBON TODDY

⅛ tsp. sugar
½ tsp. water
Juice of ⅛ lemon
1½ oz. bourbon whiskey

1. In an old fashioned glass muddle sugar in water until dissolved.
2. Add lemon juice and bourbon whiskey. Stir with several ice cubes and sip slowly.

BRANDY ALEXANDER

1 oz. brandy
1 oz. crème de cacao
1 oz. heavy cream
White of one egg

1. In a cocktail shaker mix all ingredients.
2. Add a little cracked ice, and shake vigorously for at least five minutes, until the drink is smooth and foamy. If you're not up to that, mix it in the blender and whip it up in there. If you're making more than one, you still use just one egg white.

CAFÉ AU LAIT

4 C. dripped chicory coffee*
4 C. rich milk
Sugar to taste

1. Heat coffee and milk in separate pots, taking care not to boil the coffee.
2. Pour equal amounts of coffee and milk simultaneously into a cup.
3. Sweeten with sugar to taste.

Creoles would not think of starting their days or even their breakfasts without first enjoying this rich, delicious drink.

* *See Index.*

CHICORY

The use of the chicory root as an adulterant in coffee dates back to 1769 in Sicily. The cut up roots are dried and reduced to a fine grain. In Louisiana chicory coffee is a blend of coffee grounds and chicory grounds.

CAFÉ BRULÔT

1 pt. brandy
5 sticks cinnamon, broken into several pieces
2 tbsp. whole cloves
Peel from 2 lemons
Peel from 2 oranges
½ C. sugar
1 qt. hot, black chicory coffee*

1. Place the brandy, broken sticks of cinnamon, and cloves in a jar.
2. Twist the lemon and orange peels to bruise and add this and the sugar to the jar.
3. Soak for several hours (overnight is best).
4. Warm and put in a brulôt bowl.
5. Ignite a ladle full of the warm brandy from the bowl and burn no more than one minute. This may be poured in a stream into the bowl and is very "showy".
6. Extinguish the flame with a plate and add a quart of hot strong black coffee and serve.

* *See Index.*

TIP:

Only bowls made specifically for brulôt should be used. There are those who prefer the brulôt sans café!

CAFÉ DIABLE

4 C. dripped chicory coffee*
12 cloves
2 cinnamon sticks
1 sliver lemon peel
1 orange peel
1½ tbsp. sugar
1 C. brandy

1. While the dripped coffee is still hot, add all the ingredients except the brandy. Allow to cool.
2. Add the brandy and refrigerate. It's best when made two days ahead of use.
3. To serve, drain the coffee mixture into a pitcher and pour over ice in wine glasses. Serves 8 to 10.

A delicious after dinner specialité, particularly in warm weather.

* *See Index.*

CAPUCCINO SOUTHERN STYLE

Strong chicory coffee*
Whipping cream, whipped
Ground cinnamon

1. Fill coffee cups ¾ full with hot coffee. Place whipped cream on top. Sprinkle cinnamon over the whipped cream. Serve with sugar.

Some people prefer mixing the coffee and whipped cream together and sprinkling the cinnamon on top of that, but it looks much prettier with the whipped cream floating on top.

* *See Index.*

CHABLIS CASSIS PUNCH

3 fifths Chablis wine
1½ C. crème de casis
3 oranges, squeezed
1 lemon, squeezed
Peel from one orange

1. Combine all ingredients, except the peel of the orange, in a large punch bowl containing ice. Float orange peel on top. Serves about 20.

CHAMPAGNE PUNCH

2 fifths dry champagne, chilled
1 fifth dry white wine, chilled
1 qt. club soda, chilled
1 qt. orange juice, chilled
4 oz. crème de cassis

1. Pour all ingredients over a large block of ice in a punch bowl and serve immediately. Serves approximately 15 to 20 drinks.

COOLING MINT JULEP

1 tsp. sugar
1 tsp. water
Fresh mint leaves, about one dozen
1 jigger bourbon whiskey
Crushed ice

1. In a custard cup, crush the mint leaves in the sugar and water with a wooden spoon. Strain the liquid into a glass. Add crushed ice and one-half of the bourbon. Add more ice and the remaining bourbon and stir — do not shake! Top with a sprig of mint.

TIP: If you want to fully experience this Southern specialty, serve in a julep glass — a silver goblet. Southerners differ on how to make the syrup. Some say not to strain the mint, but put it into the goblet. Voila — mint to taste!

CREOLE DRIP CHICORY COFFEE

4 to 5 C. water
1 C. chicory coffee grounds

1. Use an enameled biggen (drip coffee pot) that is spotlessly clean. Place chicory coffee grounds into top part of the biggen.
2. Bring water to a rolling boil in a kettle, then pour 6 tablespoons of the water over the grounds to settle them.
3. Wait about five minutes and add more water allowing it to drip slowly. Never pour additional water until the grounds have finished puffing up. Continue this process until all water is used up.

TIP: Café Noir, black coffee, is usually served after a dinner as a "demi-tasse", literally one-half cup. No Creole meal is considered complete without it. The Creoles believed that Café Noir, after a heavy meal, allowed the stomach to function with greater ease. They also believed a cup of Café Noir before arising made you live longer. But this was in the days when servants were as plentiful as the coffee grounds.

EGGNOG À LA CREOLE

4 eggs
5 tbsp. sugar
1 qt. milk
Pinch of salt
1 tsp. vanilla
4 oz. brandy
2 oz. rum
Pinch of nutmeg
½ pt. heavy cream, whipped

1. Separate eggs and beat whites until stiff, slowly adding 1 tbsp. sugar. Beat egg yolks until you see foam and add 4 tbsp. sugar.
2. Heat milk to the boiling point and incorporate egg whites one spoon at a time. Cook over low heat for a minute or two.
3. Stirring constantly, slowly add egg yolks to the mixture and remove from heat. Add salt, vanilla, brandy, and rum.
4. Fill large glass with the eggnog and top with whipped cream.

This liquor-laced eggnog is a Creole traditional Yuletide drink! Bonne Année!

FRENCH APÉRITIF (ZEPHYR)

1 oz. Italian vermouth
1 oz. Dubonnet
1 oz. orange juice

1. Mix and serve over crushed ice. An old-time apéritif that is a favorite of New Orleanians.

GIN FIZZ

1 tbsp. powdered sugar
4 drops orange flower water
Juice of ½ lemon
Juice of ½ lime
White of one egg
1½ oz. cream
1 oz. carbonated water
2 drops vanilla extract
1½ oz. gin

1. Mix ingredients together in a cocktail shaker.
2. Add crushed ice and shake steadily for at least five minutes, until mixture thickens. Strain into a glass and drink.

The above is the classic method. You can do it in a blender at medium speed and get a good product. Do not substitute milk for cream.

HOT RUM PUNCH

¼ C. brown sugar
2 qts. apple juice
1 (16-oz.) can frozen orange juice
2 qts. water
¼ tsp. cinnamon
4 whole cloves
Sliced orange peel, 1 orange
Sliced lemon peel, 1 lemon
¼ stick butter
1 fifth rum
Orange and lemon slices for garnish

1. Put sugar in a large punch bowl.
2. Heat the apple juice, orange juice and water and pour over the sugar and stir.
3. Add remaining ingredients, stir and serve, garnished with orange and lemon.

Serves 15-20 people.

HOT TODDY

1 tsp. sugar
½ C. hot water
2 oz. bourbon whiskey
1 sliced lemon peel

1. Combine sugar and water with bourbon and garnish with lemon peel.

IRISH COFFEE NEW ORLEANS STYLE

1½ oz. Irish whiskey
1 tsp. sugar
Hot chicory coffee*
Chilled whipped cream

1. In a warm 8-oz. wine glass or coffee mug — it's prettier in the wine glass — put whiskey, sugar and coffee to within ¾ or ½-inch of rim. Stir until sugar dissolves.
2. Float whipped cream on top, fill to brim. Serve immediately.

* *See Index.*

KAHLUA AND CREAM

2 oz. Kahlua
Dash of light cream

1. Pour Kahlua over ice. Add a dash of light cream and stir lightly.

KIR

½ oz. crème de casis
6 oz. chilled white wine

1. Stir together and drink! A really great apéritif.

VARIATION: KIR ROYALE Same as above, substituting champagne for the white wine.

MANHATTANS

6 jiggers bourbon whiskey
2 jiggers Italian sweet vermouth
4 dashes Angostura bitters
4 maraschino cherries

1. Into a cocktail shaker put some ice cubes and all ingredients except cherries. Stir until well chilled. Pour into chilled stem glasses and top with cherries. Serves four.

TIP: For an extra kick, drain a bottle of cherries, prick the bottom of each cherry with the tip of a pointed knife. Return cherries to the bottle and fill with bourbon. Store at least 30 days before using for Manhattans or on ice cream.

MIMOSA

1 part orange juice, chilled
3 parts champagne, chilled

1. Combine and serve.

MOCHA PUNCH

4 qts. strong chicory coffee*
1 qt. whipping cream
5 tsp. vanilla
5 tbsp. sugar
2 qts. vanilla ice cream
3 oz. Kahlua liqueur
Freshly grated chocolate, optional

1. Drip the coffee and refrigerate.
2. Just before serving whip the cream and add the sugar and vanilla.
3. Put ice cream in a punch bowl, add the coffee and sweetened whipped cream. Gently mix and sprinkle grated chocolate on top. Serves about 50.

Great for a coffee party or a brunch.

* *See Index.*

O'JEN COCKTAIL

1 oz. O'jen
1 oz. club soda
Dash of Peychaud bitters

1. Mix and serve over crushed ice. A popular brunch cocktail with a distinctive absinthe taste.

TIP: Peychaud's bitters has been compounded and bottled in New Orleans since the 1800's. Substitute bitters will not give the same aromatic cocktail.

OLD FASHIONED

⅛ tsp. sugar
½ tsp. water
Angostura bitters
1½ oz. bourbon or rye whiskey
Maraschino cherry
Orange slice

1. Muddle sugar in water in bottom of an old-fashioned glass, until dissolved.
2. Add 1 or 2 dashes of Angostura bitters, bourbon or rye and several ice cubes. Stir, and garnish with a maraschino cherry and a slice of orange.

This drink was originally a rye drink, but is now made more often with bourbon. This drink is a good bit stronger than those usually served in bars. So drink it slowly.

PARTY DAIQUIRIS

2 (6-oz.) cans frozen lemonade
1 (6-oz.) can frozen limeade
6 (6-oz.) cans of water
1 fifth of light rum

1. Blend all ingredients and freeze for about six hours.
2. 30 minutes before serving, remove from freezer and pour into champagne glasses.

VARIATION: PARTY PEACH DAIQUIRIS
Substitute 10-oz. frozen peaches for one can of lemonade. Of course fresh peaches would be even tastier. Serves about 20.
VARIATION: PARTY WHISKEY SOURS
Substitute bourbon for the rum.
TIP: If you are serving punch, Bloody Marys or daiquiris in a large bowl, pour water in a plain or fancy ring mold and put some lemon slices in the water and freeze. Float in your punch instead of using a block of ice.

PLANTER'S PUNCH

Juice of 1 lime
Juice of ½ lemon
Juice of ½ orange
1 tsp. pineapple juice
3 oz. dark rum
¼ tsp. orange-flavored liqueur
Toothpick speared orange slice
Pineapple chunk
Maraschino cherry

1. Place fruit juices and 2 ounces of the rum in a tall glass filled with crushed ice. Stir until glass is frosted.
2. Add 1 oz. rum and liqueur.
3. Garnish with fruit. Serve with a straw.

RED DEVIL

1½ oz. Tequila
5 oz. clamato juice
Juice of one lime
Worcestershire to taste

1. Mix all ingredients well, preferably in a shaker. Serve in a tall glass over ice.

SANGRIA

1 gal. burgundy wine
1 qt. orange juice
1 C. lemon juice
½ C. sugar
½ C. brandy
1 qt. soda water
Orange slices
Sprigs of mint

1. Chill a mixture of wine, juices, sugar and brandy.
2. Pour into a punch bowl over ice and then add chilled soda water. Float orange slices and mint sprigs on top. Serves about 50.

TIP: Brandied fruit is a wonderful addition to the sangria.

SAZARAC

1 tsp. simple syrup
1 oz. bourbon whiskey
2 dashes Angostura bitters
2 dashes Peychaud's bitters
Lemon peel

1. Put syrup, bourbon and bitters in a shaker with a cube of ice. Shake well.
2. Press lemon peel around the rim of a cocktail glass. Pour the Sazarac into the glass and serve cold.

SMILE

1 fifth apple jack
1 C. lemon juice
1 C. simple syrup
½ C. grenadine

1. Mix together and serve over cracked ice.

SMOOTH MILK PUNCH

1 C. milk
½ oz. rum
½ oz. brandy
1 oz. Bourbon whiskey
1 tsp. sugar
Dash of nutmeg

1. Shake all ingredients except nutmeg with cracked ice for three to five minutes. Strain into a glass and top with a dash of nutmeg.

The connoisseurs swear by this recipe!

SOUTHERN MILK PUNCH

1 pt. milk
1 qt. vanilla ice cream
8 oz. good Bourbon whiskey
2 oz. brandy
Nutmeg

1. Put all ingredients, except nutmeg, into a blender or mixer and blend until very smooth. Serve from a pitcher and sprinkle the top of each drink with nutmeg. Serves six.

SPECIAL MARTINI

1½ oz. vodka
1 oz. gin
Dash dry vermouth
Olives or lemon peel

1. Pour over a few ice cubes in an old-fashioned glass, stir, add two olives and/or a twist of lemon and drink carefully!

SPICED ICED TEA

3 qt. water
1 tsp. cloves
2 sticks cinnamon
6 tea bags
1 (6-oz.) can frozen orange juice
1 (6-oz.) can frozen lemonade
Mint sprigs

1. Boil one quart of water with cloves and cinnamon together for 5 to 7 minutes. Add the tea bags, remove from heat. Cover and cool.
2. Add remaining water, sugar, orange juice and lemonade and mix together. Pour into pitchers or jars and add mint sprigs.
3. Serve ice cold over cracked ice. Makes three quarts.

STINGER

1 oz. white crème de menthe
2 oz. brandy

1. Combine the two ingredients with cracked ice in a shaker and shake well. A marvelous after-dinner drink if you're feeling dangerous and not driving!

WHISKEY SOUR

1 lemon, the juice
2 tsp. sugar
3 dashes Angostura bitters
2 oz. bourbon whiskey

1. Dissolve the sugar in lemon juice and bitters. Add bourbon. Pour into a shaker filled with chipped ice. Shake well and strain into a long stem glass. Garnish with a cherry and orange slice if desired.

Make a large batch of these smooth sours and serve from a pitcher.

WINE SPRITZER

Equal parts dry white wine and club soda
Lime sliced thinly

1. Combine and serve with a slice of lime for garnish.

Notes

BRUNCH
Carré... New Orlean

BRUNCH — In the bayou country, brunch is not just a combination of breakfast and lunch, it's a way of life. A ritual that is practiced by the faithful in the restaurants and in the home! Now, in the restaurants, you would be likely to find your brunch meal accompanied by jazz — a compatible twosome. At home, brunch is an increasingly popular way of entertaining friends in large or small groups. But, wherever there's a brunch, you're sure to find Bloody Marys or a milk punch — maybe some grillades and grits and certainly beignets or biscuits. And one of the nice things about brunch "foods" is that they taste even better for dinner.

Notes

APPLE BRAN MUFFINS

¾ C. milk or buttermilk
1 egg
¼ C. vegetable oil
¼ C. honey
¾ C. oats
½ C. all-purpose flour
½ C. whole wheat flour
½ C. finely chopped peeled apple
⅓ C. unprocessed bran
¼ C. brown sugar
1 tbsp. baking powder
¼ tsp. cinnamon
½ tsp. salt
½ C. finely chopped dates, optional

1. Preheat oven to 400 degrees and grease muffin tins.
2. In small bowl, combine the milk, egg, oil and honey.
3. In a large bowl, mix the remaining ingredients, stirring so the apples are coated and any lumps of sugar are broken up.
4. Combine liquid and dry ingredients and mix, just until moistened. Do not over-mix!
5. Fill 10-12 greased muffin cups and bake 15 minutes.

BANANA NUT BREAD/MUFFINS

½ C. soft butter or margarine
½ C. shortening
3 C. sugar
1 tsp. vanilla
4 eggs
Pinch of salt
4 C. flour
2 tsp. baking soda
4 oz. milk with 1 tsp. vinegar or lemon juice added
6 ripe bananas, mashed
1½ C. chopped pecans

1. Preheat oven 350 degrees.
2. In a large bowl cream butter and shortening, add sugar and vanilla a little at a time while stirring. Add eggs one at a time.
3. Sift flour, salt and soda.
4. Combine milk and mashed bananas. Add flour mixture alternately with banana milk mixture to the shortening and sugar. When all ingredients are well combined, add nuts.
5. Grease two loaf pans, and bake for about 1½ hours or until bread pulls away from pan. If preferred you can bake the bread in buttered muffin tins. The baking time will lessen. Remove bread or muffins from pans and cool on wire rack. Sprinkle confectioners sugar over the top.

BASIC ALL-PURPOSE CRÊPE

½ C. flour
1 C. milk
3 eggs
Salt
3 tbsp. melted butter
2 tbsp. brandy, rum or whiskey
Butter to cook crêpes

1. Sift flour into mixing bowl and slowly add milk, beating constantly and add eggs, salt, butter and brandy. Beat until fluffy. The batter should rest in the icebox for about 2 hours before using. This batter can be made easily in the blender. For dessert crêpes add 2 tablespoons of sugar to the batter.
2. Coat the bottom of a frying pan, about 8-in., with butter, heat pan and pour just enough batter to cover the bottom with a thin coat. Cook until dry on top and the bottom is brown. Flip with spatula and brown on the other side. As you cook the crêpes stack them. Makes about 10-12 crêpes.
3. Roll up the crêpe with your favorite filling, tuck edges and brush with butter (or a sauce) and heat in the oven 15 minutes.

For brunch we recommend something simple, something improvised, for the fillings. Any good quality preserves, jam or compote, flavored with brandy or liqueur if desired, would be an excellent crêpe filling, or you can use fresh fruit, soaked in liqueur and fruit juice with sugar to taste. Apples, peeled, cored and sliced, sautéed in butter with cinnamon and nutmeg are delicious in crêpes.

BLINTZES

12 oz. cottage cheese
1 egg yolk
1 tsp. butter, softened
1 tsp. vanilla
18 crêpes, cooked only on 1 side*
2 tsp. butter
2 tsp. vegetable oil
2 tbsp. sugar
1 tbsp. cinnamon
Sour cream to pass

1. Mix cheese, egg, butter and vanilla. Divide filling between the crêpes on cooked side and roll up.
2. Melt butter and oil in a large frying pan. Put half the crêpes in the pan and fry until golden brown. Repeat with rest of the crêpes. If you need more oil, add it.
3. Sprinkle each serving with sugar and cinnamon. Pass the sour cream separately.

* *See Index.*

BLUEBERRY MUFFINS

3 C. flour
1 C. sugar
4 tsp. baking powder
1 tsp. salt
2 eggs, lightly beaten
½ C. Wesson oil
1 C. milk
1½ C. blueberries

1. Preheat oven to 400 degrees.
2. Combine flour, sugar, baking powder and salt.
3. In another bowl, combine eggs, oil and milk and stir into dry ingredients until just moist. Batter will be lumpy, do not try to make it smooth!
4. Gently fold berries into batter and spoon into greased muffin tins ⅔ full.
5. Bake for 20-30 minutes. Makes 2-3 dozen muffins.

TIP: Muffins will be easier to remove if allowed to remain in the tins for a few minutes.
To reheat muffins, wrap loosely in foil and heat 5 minutes in preheated 450 degree oven.

BLUEBERRY/ORANGE BREAD

2 tbsp. butter
¼ C. boiling water
½ C. orange juice
3 tbsp. orange rind
1 egg
1 C. sugar
2 C. sifted flour
1 tsp. baking powder
¼ tsp. soda
½ tsp. salt
1 C. fresh or 15 oz. canned blueberries, drained
2 tbsp. honey
2 tbsp. orange juice
1 tsp. orange rind

1. Preheat oven 325 degrees.
2. Melt butter in boiling water in small bowl.
3. Add ½ cup orange juice and 3 tablespoons orange rind.
4. Beat eggs with sugar until light and fluffy. Add sifted dry ingredients alternately with orange juice, beating until smooth.
5. Fold in berries and bake in greased 9 x 5" loaf pan at 325 degrees for 1 hour and 10 minutes.
6. Turn out on rack or tray. Combine the honey, 2 tablespoons orange juice and 1 teaspoon orange rind and spoon over hot loaf. Let stand until cool.

BRAN MUFFINS

1 C. boiling water
½ C. salad oil
2 tsp. soda
1½ C. flour
½ tsp. salt
1 C. sugar
2 eggs, beaten
1 C. buttermilk
1 C. "All-Bran"
1 C. "40% Bran Flakes"
1 C. wheat germ
Dates, raisins and nuts, optional

1. Preheat oven to 375 degrees.
2. Combine water and oil.
3. Combine soda, flour and salt and mix with oil and water.
4. Add remaining ingredients and stir just until moist.
5. Bake in greased muffin tins for 20 minutes.

Makes about 24 muffins. This will keep in the refrigerator for 2 weeks.

"CALAS TOUT CHAUD"

1 pkg. active dry yeast
½ C. warm water
1½ C. cooked rice, cooled
3 beaten eggs
1 C. flour, sifted
½ C. sugar
½ tsp. salt
¼ tsp. nutmeg
¼ tsp. cinnamon
1 tsp. vanilla
Oil for frying

1. Dissolve yeast in ½ cup warm water and mix with cooled rice. Allow to set in a warm place for 5 or 6 hours or overnight.
2. Beat into the mixture, the eggs, flour, sugar, salt, nutmeg, cinnamon, and vanilla. You want a thick batter. Let this mixture sit for 20-30 minutes.
3. Heat oil for frying and drop batter from a large spoon into hot fat and press down with back of the spoon to make a round cake if desired. Fry until golden, making sure you don't cram too many in the skillet at once. Remove with slotted spoon and drain.

Sprinkle the rice cakes with confectioners sugar and eat immediately. Try some Louisiana cane syrup with these goodies.

Calas is an old-time New Orleans specialité. In plain English, calas is a fried rice cake. The merchants who sold them on the streets years ago used to yell "Calas Tout Chaud", "rice cakes — all hot!" They eventually came to be known by that name.

CARROT BREAD

2 C. flour
2½ C. sugar
2 tsp. soda
½ tsp. salt
2 tsp. cinnamon
3 eggs
¾ C. Wesson oil
1 tsp. vanilla
1 C. chopped dates
1 C. chopped nuts
2 C. grated raw carrots
1 C. crushed pineapple, drained

1. Prepare pans, three 8" square pans. Cut waxed paper to fit in bottom of pans. Put the paper in the pans and then oil the paper and up the sides of the pans.
2. Mix all dry ingredients together and then add remaining ingredients.
3. Place in prepared baking pans and bake at 350 degrees for about one hour.
4. Run a very thin knife around the sides of the bread as soon as it comes out of the oven and then invert it on a buttered plate. Lift pan slowly and remove waxed paper.
5. Cool completely. Cut into squares when completely cool! 12-18 servings.

CRANBERRY FRUIT BREAD

½ lb. cranberries
1 C. chopped almonds or pecans
½ C. flour
8 C. flour
2 C. sugar
3 tbsp. baking powder
2 tsp. salt
2 eggs
3 C. milk
⅓ C. melted butter

1. Preheat oven to 350 degrees.
2. Roughly chop the cranberries and the nuts. Put into a bowl and coat with ½ cup flour.
3. Sift together, 8 cups flour, sugar, baking powder and salt.
4. Beat together eggs, milk and melted butter and gradually add flour mixture. Stir in the fruit and nuts. Divide batter among three greased loaf pans. Bake for about 1 hour.

DUTCH BABIES

Pan Size	Butter	Eggs	Milk and Flour
2-3 qt.	¼ C.	3	¾ C. each
3-4 qt.	⅓ C.	4	1 C. each
4-4½ qt.	½ C.	5	1¼ C. each
4½-5 qt.	½ C.	6	1½ C. each

1. Put butter in pan and set in 425 degree oven to melt.
2. Put eggs in blender at high speed, 1 minute. Gradually pour in milk, slowly add flour and blend 30 seconds.
3. Pour batter into hot melted butter and return to oven 20-25 minutes.

Dust with ground nutmeg if desired and any of the following toppings: powdered sugar, wedges of lemon to squeeze, fresh fruit, hot fruit, sour cream and syrup.

FANCY BISCUITS

1 pkg. yeast
2 tbsp. lukewarm water
5 C. flour
1 tsp. salt
3 tbsp. baking powder
3 tbsp. sugar
1 C. shortening, room temperature
2 C. buttermilk, room temperature

1. Preheat oven to 450 degrees.
2. Dissolve yeast in warm water.
3. Sift all dry ingredients together into a large bowl and cut in the shortening until the mixture is the texture of coarse meal.
4. Pour yeast into buttermilk and add to the dry ingredients. Stir quickly just until everything sticks together.
5. Place dough on a lightly floured surface and knead for about ½ minute, then roll the dough out to ¼ or ½ inch thickness and cut with a biscuit cutter.
6. Bake on an ungreased cookie sheet about 12-15 minutes.

TIPS FOR BISCUITS

I. When recipe calls for shortening, use half Crisco and half butter or margarine.

II. When baking, place biscuits 1 inch apart for crusty sides, and close together for biscuits with soft sides.

III. Vary your biscuits: Add cheese to the biscuit dough, or chopped green onions or chives, sautéed in a little butter.

JALAPEÑO CORNBREAD

2 eggs, beaten
1 C. sour cream
8-oz. can cream style corn
⅔ C. Wesson oil
1½ C. corn meal
3 tsp. baking powder
1 tbsp. salt
2 Jalapeño peppers, chopped — seeds removed
2 tbsp. chopped green pepper
2 tbsp. chopped parsley
1 C. grated cheddar cheese

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Pour into a hot, well-greased iron skillet.
4. Bake 45 minutes to 1 hour.
   8-10 servings.

MARKET BEIGNETS

1 C. milk
2 tbsp. shortening
2 tbsp. sugar
1 pkg. dry yeast
3 C. flour
1 tsp. salt
½ tsp. nutmeg
1 egg
Oil for frying
Powdered sugar

1. In an enameled pot, heat milk. Combine shortening and sugar in a bowl and add milk — stirring until all is melted. When cooled, add yeast and dissolve.
2. Sift in flour, salt, nutmeg and add about half to the milk mixture. Mix until smooth and add the egg; beat well. Add the remaining flour mixture and stir until all is smooth. Cover with a damp towel and allow to rise — about 5 or 6 hours or refrigerate overnight.
3. Put dough onto a floured surface and roll out to about ¼" thickness. Cut into 2 or 3-inch squares and let them stand for about 20 minutes before frying.
4. Heat oil in the skillet — 1 to 2 inches deep — and fry squares, turning only once. When golden brown, remove with a slotted spoon onto paper towels to blot excess oil. Dust with powdered sugar and eat immediately with a cup of café au lait. Makes about 2 dozen. Dough will keep in refrigerator for a few days.

ORANGE NUT BREAD

3 C. sifted flour
3 tsp. baking powder
4 tbsp. grated orange rind
1 C. sugar
1 egg, beaten
¼ C. orange juice
1¼ C. milk
2 tbsp. melted shortening
1 C. chopped pecans or walnuts

1. Have all ingredients at room temperature.
2. Preheat oven to 350 degrees.
3. Combine flour, baking powder, orange rind and sugar.
4. Combine egg, orange juice, milk and shortening and mix well, then combine with dry ingredients, mixing quickly until barely blended.
5. Fold in nuts.
6. Bake in two greased 8 x 4" loaf pans for about 50-60 minutes. Or bake in greased muffin tins for 25-30 minutes.

PAIN PERDU — LOST BREAD

2 eggs, beaten
½ C. sugar
1 C. milk
1 tsp. vanilla
Pinch of salt
Orange flower water, optional
Brandy, optional
8 slices stale French or white bread
2 tbsp. of cooking oil, or butter
Powdered sugar

1. Beat eggs with sugar. Stir in milk, vanilla and salt. Allow to blend. Pour over bread slices in a shallow dish and let bread soak for about 2-3 minutes.
2. Heat butter or oil in a large skillet over medium heat. Add bread and fry until both sides are brown. Sprinkle with powdered sugar. Serve with café au lait and some good Louisiana cane syrup. Serves 4.

If you want a delightfully different taste add a little orange flower water and brandy to the soaking mixture.

TIP: Never throw away any stale bread. Use it for making bread crumbs, bread pudding or "Lost Bread" — Pain Perdu.

PECAN SWEETS

Crust:
⅔ C. confectioners sugar
2 C. flour
2 sticks butter, softened
Topping:
10 tbsp. butter, melted
½ C. dark Karo syrup
3 tbsp. heavy cream
½ C. brown sugar
3½ C. coarsely chopped pecans
1 oz. semi-sweet chocolate, melted — optional

1. Preheat oven to 350 degrees.
2. Grease a 9" x 12" baking pan. In a large bowl sift in sugar and flour together. Cut in the butter until fine crumbs are formed. Pat crust into pan and bake for about 20 minutes. Remove.
3. Combine butter, syrup, cream and sugar. Stir in pecans and spread over the crust. Bake in the oven for about 25 more minutes. Completely cool before serving. Makes 30 rich, luscious squares that will satisfy the "sweet-tooth" addict. For the "choclaholics" try brushing the top with a thin layer of melted chocolate.

PLAIN BISCUITS

2 C. flour
1 tbsp. baking powder
1 tsp. sugar
1 tsp. salt
¾ C. shortening, room temperature
⅔ C. milk, room temperature

1. Preheat oven to 450 degrees.
2. Sift dry ingredients into a bowl.
3. With 2 knives, cut in the shortening until the mixture resembles coarse meal.
4. Add the milk and stir quickly until the mixture comes away from the sides of the bowl.
5. Place the dough on a floured surface, knead ½ minute and roll out to a thickness of ¼, or ½ inch for thicker biscuits.
6. Cut with a biscuit cutter, place on an ungreased cookie sheet and bake 10-15 minutes until lightly browned. Makes 18-24 two-inch biscuits.

PLANTATION BREAD

5 C. Pioneer biscuit mix
4 tbsp. sugar
½ tsp. salt
2 tbsp. yeast
2 C. warm milk, not hot
4 eggs
½ tsp. cream of tartar

1. Into a large bowl, sift the biscuit mix, sugar and salt.
2. Soften the yeast in the warm milk.
3. Beat eggs thoroughly with cream of tartar.
4. Combine milk and eggs and pour into dry ingredients. Stir until well mixed.
5. Set aside in warm place — best around 80 degrees — covered with a damp dish towel or plastic wrap.
6. When double in bulk, stir down and fill 2 8 x 4" oiled loaf pans about half way.
7. Again, allow mixture to double its size before baking at 350 degrees about 20 minutes.

Best served hot, but may be reheated. This bread freezes well. Thaw completely before reheating.

QUICK DINNER ROLLS

3 tbsp. Wesson oil
2 tbsp. sugar
1 tsp. salt
1 C. milk
1 pkg. dry yeast
2 C. flour
Melted butter

1. Preheat oven to 350 degrees.
2. Combine oil, sugar and salt and heat slightly — 120-130 degrees. Pour this over the yeast.
3. Add flour and mix well.
4. Place the dough on a heavily floured surface. Sprinkle more flour on top of dough and roll out with floured rolling pin.
5. Cut rounds with cookie cutter and brush with melted butter. Fold in half.
6. Place on cookie sheet and allow to rise for 1 hour in a very warm place, not in a draft.
7. Bake for 15-20 minutes, until golden brown. Makes 18-24 rolls.

VARIATIONS: SEASONED DINNER ROLLS

1. *Sauté ⅓ cup finely chopped green onion in a little butter and add to batter.*
2. *Add ⅓ cup grated cheese to batter.*
3. *Sprinkle tops with poppy seeds.*

SOUR CREAM COFFEE CAKE

Batter:
½ C. butter or margarine
1 C. sugar
2 eggs
1 tsp. vanilla
2 C. all-purpose flour
1 tsp. baking powder
1 tsp. soda
1 tsp. nutmeg
½ tsp. salt
1 C. sour cream

Filling and Topping:
⅓ C. brown sugar
¼ C. granulated sugar
1 tsp. cinnamon
1 C. chopped pecans or walnuts

1. Cream butter and sugar until light and fluffy. Add eggs and vanilla and beat thoroughly. Sift baking powder, soda, nutmeg and salt together, add with sour cream to egg mixture in thirds alternately, beating until smooth after each addition.
2. Pour half of batter into 9 x 13" pan. Sprinkle with ⅓ of topping. Cover with remaining batter, then remaining topping. May be covered and chilled in refrigerator a few hours or overnight. Bake in a pre-heated 350 degree oven for 40-50 minutes.

VARIETY FRUIT BREAD

1½ C. dried fruit — figs, apricots, prunes or dates
½ C. butter, softened
1 C. sugar
2 eggs, beaten
¼ C. fruit juice — orange, apricot, prune, etc.
2 C. sifted flour
3 tsp. baking powder
½ tsp. baking soda
¾ tsp. salt
2 tbsp. grated orange rind, or 1 tbsp. orange, 1 tbsp. lemon
1 C. chopped pecans or walnuts

1. Preheat oven to 350 degrees.
2. Boil fruit gently in water to cover for 10 minutes. Cool, drain and chop coarsely.
3. Cream butter and sugar, then add eggs alternately with the juice.
4. Add all dry ingredients.
5. Fold in fruit, nuts and rind.
6. Line your loaf pan — or pans, depending on the size — with greased foil. Fill pans ¾ full. Bake for 1 hour, 10 minutes to 1½ hour. Freezes well.

WHIPPED CREAM BISCUITS

2 C. sifted all-purpose or self-rising flour
2¼ tsp. baking powder
¾ tsp. salt
1 cup whipping cream, whipped

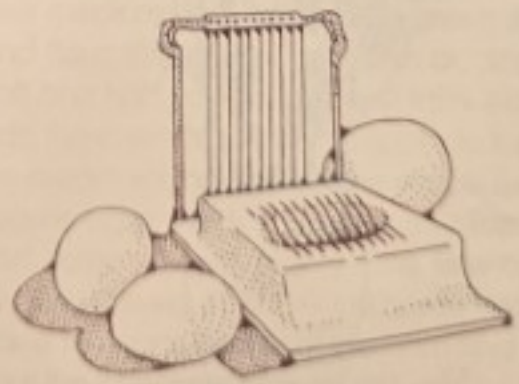
1. Preheat oven to 450 degrees.
2. Combine dry ingredients.
3. Using a fork, fold the whipped cream lightly into the dry ingredients.
4. Place the dough on a lightly floured surface, knead for a half minute and roll out to a thickness of one-quarter inch.
5. Cut with a biscuit cutter, place on ungreased cookie sheet and bake 10-12 minutes. Makes about 18 biscuits.

CREOLE EGGS

¾ C. butter or margarine
1 medium onion, chopped fine
½ C. green onion, chopped fine
¾ C. green pepper, chopped fine
½ C. celery, chopped fine
1 clove garlic, pressed
3 tbsp. parsley, chopped fine
28-oz. can whole tomatoes, undrained
1½ tsp. chili powder
Salt and black pepper, to taste
1 C. thick white Mornay sauce*
12 hard-cooked eggs, thinly sliced
¼ C. bread crumbs
¼ C. Parmesan

1. Sauté onions, green pepper, celery, garlic and parsley in butter until tender.
2. Stir in tomatoes, chili powder, salt and pepper and simmer, covered for about 10 minutes.
3. Combine tomato mixture, white sauce and eggs. Mix well. Spoon into lightly greased two-quart casserole.
4. Combine bread crumbs and cheese and sprinkle on top. Bake at 350 degrees for 20 or 30 minutes, until very hot. Serve over slices of cornbread. Serves 10-12.

* *See Index.*



EGGS HUSSARDE

English muffins, toasted
Ham slices, briefly sautéed
Tomato slices, grilled
Marchand dé vin sauce,* warmed
Eggs, poached
Hollandaise sauce,* room temperature

1. Assemble each portion as follows:
   1 English muffin, topped with 1 or 2 slices of ham and a slice of tomato. Pour Marchand dé vin sauce over this, then put 2 poached eggs atop that. Finish with Hollandaise over all! Delicious.

* *See Index.*

EGGS SARDOU PIE

1 unbaked 9-10 in. pie shell
1 pkg. frozen chopped spinach
1 pkg. frozen artichoke hearts
½ C Mornay sauce*
6 eggs
Salt and pepper, to taste
Hollandaise sauce*

1. Preheat oven to 375 degrees.
2. Cook spinach and artichoke hearts according to package directions, drain well and combine with Mornay sauce. Season with salt and pepper.
3. Place spinach mixture in pie shell and put in oven. Bake 50 minutes.
4. Remove pie from oven when done, and make 6 wells in the pie with a wooden spoon. Set aside and keep warm.
5. Poach 6 eggs and place in the wells on top of the pie. Serve topped with Hollandaise sauce.
   Serves 6.

* *See Index.*

OMELETTES

2 tbsp. butter
3 eggs, lightly beaten
Salt and pepper, to taste
1 tsp. finely chopped parsley

Additions, to be added just before folding the omelette in half:

½ C. grated cheese
½ C. chicken livers, which have been cooked in a little bacon grease
½ C. chopped cooked shrimp or crawfish
½ C. fresh, cooked crabmeat
½ C. sautéed fresh mushrooms
Creole sauce* combined with cooked peas

1. Melt butter in an omelette pan over medium heat.
2. Combine eggs, salt and pepper and add to the butter. When eggs have started cooking on the bottom, a few seconds, lift the omelette a little so that the extra liquid can flow onto the bottom of the pan.
3. Fold the omelette in half, turn on to a plate and serve sprinkled with a little parsley.

* *See Index.*

*TIP: Experiment with sauces poured over your omelettes. Try hollandaise, choron or bérnaise.**

PLANTATION EGGS

8 slices bacon
½ lb. sliced ham
½ lb. fresh mushrooms, sliced and sautéed in a little butter
¼ C. butter or margarine
½ C. flour
4 green onions, chopped
1 qt. half and half
1 C. grated cheese
16 eggs, lightly beaten
Salt, pepper and Tabasco,® to taste

1. Fry bacon until crisp, remove from skillet and sauté the ham in the bacon grease very quickly.
2. Discard grease and set bacon and ham in the bottom of a lightly greased shallow casserole dish.
3. Make a cream sauce by melting the butter over medium heat, adding the green onions and flour, stirring well and then adding the half and half slowly. Cook until fairly thick.
4. Add the cheese, salt and pepper to taste to the cream sauce and set the sauce aside.
5. Season eggs with salt, pepper and Tabasco and scramble just slightly in a little butter. This should be quite soft — just barely cooked.
6. Place the eggs on top of the ham and then pour the cheese sauce on top.

This may be refrigerated overnight and removed from the refrigerator a half-hour before baking at 275 to 300 degrees, until very hot.

QUICHE

9-in. unbaked pie shell
1 C. grated cheese — Swiss, Gruyere, Cheddar — experiment!
¼ C. grated Parmesan cheese
4 green onions, finely chopped
1 C. filling — see list of possibilities following recipe
¾ C. heavy cream
¾ C. milk
3 eggs, beaten
½ tsp. salt
½ tsp. red pepper
3 tbsp. white wine, optional

1. Preheat oven to 350 degrees.
2. Place cheeses and onions in crust.
3. Combine all other ingredients and ladle over the cheese.
4. Bake approximately 45 minutes to 1 hour until a knife inserted in center of custard comes out clean.

SUGGESTED FILLINGS FOR QUICHE:
Chopped cooked ham, bacon, shrimp, crawfish or crabmeat, raw or drained cooked vegetables or drained sautéed mushrooms.

BARBEQUED BEEF

3 lbs. boneless beef chuck
Salt, pepper, Season All to taste
Flour
2-3 tbsp. oil plus 1 tbsp. margarine
1 onion, chopped
1 green pepper, chopped
2 stalks celery, chopped
3 cloves garlic, chopped
6-oz. can tomato paste
16-oz. can whole tomatoes and juices
2 C. water
1 bayleaf, crumbled
1 tsp. sugar
3 tbsp. parsley, chopped
Tabasco® and Worcestershire to taste

1. Season meat and dust with flour. Heat oil and brown meat well on both sides. Remove and set aside.
2. Add extra margarine and stir in onion, pepper, celery and garlic. Stir well and cook until just brown. Add tomato paste and "fry down" — about 10-20 minutes and stir constantly.
3. Add tomatoes, juices and water. Blend well, add meat, crumble bayleaf, then reduce heat and simmer, covered for about 2 hours, stirring occasionally.
4. Check to see if meat is done — very tender and falling apart. Add sugar, parsley, Tabasco, Worcestershire and check for seasoning, and cook 10 minutes more.

This dish can be prepared in advance and freezes beautifully. Serves a big crowd — especially when you try it over French bread or buns. Also great over baked macaroni or rice.

BAYOU BREAKFAST CASSEROLE

6 slices bread, buttered
1 lb. bulk sausage, cooked and crumbled, or cooked ham
6 oz. cheese — Cheddar, Longhorn, Velveeta — grated or sliced
6 eggs, beaten
2 C. half and half or milk
Salt, pepper and Tabasco® to taste
2 tsp. dry mustard

1. Preheat oven to 350 degrees and grease a 9 x 13" pan.
2. Make layers in pan as follows: bread, then sausage, then cheese and repeat.
3. Combine eggs, half and half, salt, pepper, Tabasco and dry mustard and pour over all.
4. Bake about 45 minutes at 350 degrees.

May be prepared a day ahead. Remove from refrigerator 30 minutes before baking.

CHICKEN LIVERS EN BROCHETTE

4 or 5 skewers, 6 to 8 in. long
2 lbs. chicken livers
4-6 slices of good bacon
1 C. flour
Salt and black pepper, to taste
1 stick of margarine or ½ butter, ½ margarine
¼ to ½ C. Madeira wine
Water
Parsley, chopped
Buttered toast, optional

1. Wash and drain livers well. Cook bacon until half done. Cut into pieces. Alternate on skewers the bacon pieces and the livers — with bacon at each end.
2. Spread the flour out on waxed paper. Season the skewered liver and roll in the flour to completely coat the livers.
3. In a large, heavy skillet melt ¾ of the margarine. When hot, put livers in skillets and cook on top of the stove until a good, brown crust is formed. (Chicken livers do not take long to cook.) Turn the livers over to cook on all sides. When done, remove to a small platter.
4. Deglaze the pan by adding Madeira and then some water to make a light sauce. You have to judge the amount of water and wine for yourself. Finish with a little more margarine and sprinkle a little parsley in the sauce.
5. Place a piece of toast on each plate or a platter, slide livers onto the toast and top with sauce. Serve immediately. For 4 persons.

A delicious dish. If you like chicken livers, you will adore this!!

CHICKEN LIVERS MADEIRA

- 1 C. diced ham
- 1 C. sliced fresh mushrooms
- 1 lb. chicken livers
- Salt and pepper, to taste
- Flour
- 2 tbsp. butter
- 1 tbsp. cooking oil
- ½ C. beef stock
- ⅓ C. dry Madeira
- 1 tbsp. fresh minced parsley

1. Sauté the ham and mushrooms in a little butter and set aside.
2. Salt and pepper the chicken livers and roll in flour.
3. Heat butter and oil in skillet and sauté chicken livers until lightly browned, stirring constantly.
4. Add ham and mushrooms, stock, wine and parsley and simmer 1 or 2 minutes.

Delicious served over regular toast or toasted French bread. Serves 4-6.

CHICKEN OR TURKEY MOUSSE

- 2 C. chicken or turkey stock
- 1 envelope unflavored gelatin
- 2½ C. diced cooked chicken or turkey
- ¼ C. chopped celery
- 2 green onions, chopped
- 2 tbsp. parsley, chopped
- 1½ C. toasted slivered almonds
- 2 hard-cooked eggs, chopped
- 2 oz. pimientos, chopped
- 1 C. chopped artichoke bottoms, hearts of palm or asparagus
- 3-4 pimientos, chopped
- Salt and pepper, to taste

1. Soften gelatin in ½ cup of the stock. Meanwhile, heat remaining 1½ cups stock and combine with gelatin mixture. Stir until gelatin dissolves and cool slightly.
2. Add remaining ingredients, pour into a lightly oiled two-quart mold and refrigerate until set. Serves 6-8.

COLD BAKED BRISKET

1 brisket
1 pkg. dry onion soup mix
12-oz. bottle chili sauce
12-oz. beer

1. Place brisket in a roasting pan, uncovered, and cook 20 minutes on each side in a 400 degree oven.
2. Combine other ingredients and pour over the brisket. Cover and reduce oven temperature to 350 degrees. Bake 1 hour.
3. Turn meat and continue baking 1½ hours.

Refrigerate overnight. Slice brisket on a diagonal, for tenderest results!
Serve cold with Horseradish Mousse* or Sauce.*
* See Index.

GRILLADES

3-4 lbs. veal or beef rounds, about ½ inch thick
Salt, black pepper and garlic salt to taste
½ C. flour
¼ C. bacon grease
¼ C. margarine
1 C. onions, chopped
1 C. green peppers, chopped
½ C. green onions
½ C. celery, chopped
3 garlic cloves, minced
2 tbsp. tomato paste
3 C. chopped tomatoes, fresh or canned
2 C. stock or water
½ C. red wine
Kitchen Bouquet
1 bayleaf, crumbled
2 tbsp. Worcestershire
Tabasco,® to taste
1 tsp. sugar
3 tbsp. chopped, fresh parsley

1. Trim excess fat from the meat and cut into serving pieces. Season the meat with salt, pepper and garlic salt and pound to double its size. Dust the meat with some of the flour.
2. In a large, heavy Dutch-oven type pot, brown the meat well in the bacon grease. Remove and set aside. Add margarine and flour to make a dark brown roux. Stir constantly to keep from burning.
3. Add onions, celery, peppers, green onions and garlic (you might want a little more margarine). Sauté until soft and brown about 5-7 minutes. Add tomato paste and "fry down", stirring constantly, to darken the paste. Add tomatoes, cook 3 minutes.
4. Gradually add liquid and mix well. To darken add Kitchen Bouquet. Add the bayleaf and check for salt and pepper. Add Worcestershire, Tabasco and sugar. Reduce heat to a simmer, cover, and cook for about an hour, until tender. Add extra stock or water if gravy is too thick. Stir in the parsley at the last.

This dish is best made the day before and freezes well. Serves 8 with baked grits,* a green salad and biscuits.
* See Index.

SMOTHERED PORK CHOPS IN ONION GRAVY

8 to 10 medium sized pork chops
6 tbsp. flour
Salt, pepper, Season All, garlic salt to taste
4-6 tbsp. margarine
1 lg. onion, sliced thinly
2 cloves garlic, minced
3 C. chicken stock or water
Kitchen Bouquet
2 sprigs parsley

1. Season the pork chops and dust with flour — about 4 tbsp. In a heavy skillet, melt about 2 tbsp. of margarine and brown the chops well. Take them out and set aside.
2. Add rest of the margarine plus the onions and cook for 3-4 minutes with heat lowered. Add the rest of the flour to make a brown roux and stir constantly so as not to burn.
3. Add garlic and gradually add the stock and stir well. Put about 1 tbsp. of Kitchen Bouquet to darken the gravy and put the chops back in the pot, cover and simmer for about an hour, stirring occasionally. You might have to add a little more water if gravy gets too thick.

Serve with hot grits and large biscuits covered in onion gravy. "That's real eatin'".

SMOKED TURKEY

The night before cooking, put 4 or 5 hickory sticks to soak in water.

Start the fire, in the smoking pan, with 10 lbs. of charcoal. Wash well one 12-15 lb. turkey. Dry and rub inside and out with salt and black pepper.

When the coals are ready, put the wet hickory sticks in the fire, fill the water pan and place on coals. Put the turkey on the upper grill and put the lid on the smoker.

Leave the turkey in the smoker for about 2 hours, until there is no more smoke.

Remove the turkey from the smoker and put it in a large roasting pan. Immediately cover and seal tightly with aluminum foil. Put in the oven at 325 degrees and cook about 1 to 1½ hours.

The turkey will come out moist and tender, and there will be several cups of gravy in the pan.

SOUTHERN BAKED HAM

10-12 lb. cooked ham, bone in
Whole cloves
1 C. dark brown sugar
4 tbsp. prepared Dijon style mustard
2 cups pineapple juice
½ C. dry sherry
Pineapple rings
Cherries, optional

1. Preheat oven to 350 degrees.
2. Peel skin and trim excess fat off ham. Score remaining fat into a geometric pattern and stud with cloves.
3. Place ham in baking pan and bake for about 45 minutes. Remove excess fat from the pan.
4. Combine sugar, mustard, juice and sherry. Pour over ham and bake for another 45 minutes, basting frequently. Remove ham to a large platter and decorate with pineapple rings attached to ham with toothpicks. Finish off with cherries for a festive touch. Skim fat from the pan juices and pour into a "gravy bowl" to accompany ham.

Hot mustard is marvelous with ham whether it's served at brunch, a cocktail buffet or just a regular, family dinner.

TIP: Remember that the possibilities for utilizing left-over ham are infinite! But don't forget that you can also use the bone and all the "scraps" to flavor many other dishes — red beans, split pea soup, smothered cabbage, soups, chowders — just to name a few. Ham bones and "scraps" can be frozen.

TURKEY HASH

6-7 tbsp. butter or margarine
¾ C. flour
1 med. onion, chopped
1 C. chopped celery
2 tbsp. chopped parsley
4 green onions, chopped
5-6 C. turkey or chicken stock
5 C. cooked turkey, cut up
½ lb. or more sliced, fresh mushrooms, sautéed briefly in a little butter

1. Brown flour in butter over medium heat.
2. Add onions, celery and parsley and cook about 10 minutes.
3. Add turkey stock and simmer about ½ hour.
4. Add turkey and mushrooms and cook another 20 minutes.

Thin gravy with stock if necessary. Serves 6-8.
Serve with baked grits.*

* *See Index.*

TURKEY POULETTE

4 tbsp. butter
4 tbsp. flour
2 C. half and half cream
Salt, white pepper and Tabasco,* to taste
Dash of nutmeg
Slices of toast
8 slices of cooked bacon
2-3 slices per person of cooked turkey or chicken
8 ozs. grated, sharp cheddar cheese

1. Melt the butter in a saucepan and add flour. Stir and blend until smooth. Add the cream to make the sauce. Salt, pepper and Tabasco to taste and then add a dash of nutmeg.
2. On a large oven-proof platter (or individual ones) place toast, then strips of bacon, then the turkey or chicken. Cover with the cream sauce, sprinkle with cheese and bake in the oven or under the broiler until golden brown. Serves 4.

First sampled in New Orleans at the old Roosevelt Hotel (the Fairmont). This dish is a wonderful way to utilize left-overs in an elegant manner.

COLD SHRIMP SALAD

3 C. cooked shrimp
1½ C. mayonnaise*
1 tbsp. lemon juice
Salt, white pepper, Tabasco® to taste
1 tbsp. Worcestershire
1 C. coarsely chopped celery
2 green onions, chopped
3 tbsp. chopped parsley
Capers — optional
Artichokes, avocados or tomatoes

1. Mix shrimp and enough of the mayonnaise to hold them together. Add lemon juice, salt, pepper, Tabasco, Worcestershire, the celery, onion and parsley and the well-drained capers if so desired. Mix well. Serves 6-8.

You can stuff cooked artichokes, ripe avocados or big Creole tomatoes with this salad. Or you can serve the salad on a platter over nice lettuces and garnishes of tomato and avocado. Top the salad with the remaining mayonnaise.

If using this salad for entertaining at brunch, try it with a baked ham and hot biscuits.

* *See Index.*

CRABMEAT ROCKEFELLER

- 6 tbsp. butter
- 1 pkg. frozen creamed spinach
- ½ C. bread crumbs
- 1 small bunch green onions, very finely chopped
- 1 bunch parsley, very finely chopped
- 1 clove garlic, pressed
- Salt, pepper and Tabasco,® to taste
- 1 lb. fresh lump crabmeat

1. Thaw spinach, combine with bread crumbs and set aside.
2. In half of the butter, sauté the onions, parsley and garlic until wilted. Combine with the spinach and bread crumbs and season with salt, pepper and Tabasco.
3. Lightly sauté the crabmeat in the remaining butter and place in an ovenproof shallow bowl or dish. Cover with the spinach mixture, sprinkle with additional breadcrumbs and bake about 20 minutes at 325 degrees — or until hot.

This may also be served with crackers, as an hors d'oeuvre.

LOUISIANA CRABMEAT SUPREME

- 1 lb. lump crabmeat
- ¼ lb. butter or margarine
- ¼ C. chopped onions
- ¼ C. chopped green onions
- ½ C. chopped celery
- ¼ C. parsley, chopped fine
- Salt, pepper and Tabasco,® to taste
- 1 C. chopped fresh mushrooms
- ½ C. sherry
- Juice of 1 lemon
- 2 C. thick cream sauce*

1. Wilt onions, celery, pepper and parsley in butter. Do not brown.
2. Add mushrooms and cook a minute or two longer. Add lemon juice and sherry. Remove from heat.
3. Combine with crabmeat and cream sauce and season with salt, pepper and Tabasco.

Delicious served in individual ramekins or in pastry shells. Place in 350 degree oven until piping hot, 20-30 minutes.

* *See Index.*

BAKED GARLIC GRITS

4 C. salted water
1 C. grits, uncooked
½ stick butter
1 large egg
1 C. milk
8-0z. roll of processed garlic cheese, grated
8-oz. grated sharp cheddar cheese
Salt, black pepper and Tabasco® to taste

1. Preheat oven to 350 degrees.
2. Cook grits in salted until just done, add butter.
3. Beat egg in milk and add to grits. Add grated cheeses and mix well. Salt, pepper and Tabasco to taste.
4. Pour mixture into large casserole and bake for about 1 hour. Serves 6.

Please put this dish on your menu when you have grillades, baked ham or smothered pork chops.*

* *See Index.*

TIP: Don't throw away left-over grits! When cold, cut grits into ½ inch slices. Dip these in seasoned flour, then in "egg wash" (a mixture of one beaten egg to about ¼ cup milk – depending on the amount of grits you are frying) then once more in flour. Pan fry in a small amount of fat – butter or oil – until golden brown. This is so good, you will want to fix the grits just to have the left-overs to fry!

BAKED GRITS

2 C. quick grits
4 C. water
4 C. milk
6 tsp. salt
2 tsp. pepper
Several dashes Tabasco®
4 tbsp. butter
2½ C. grated cheddar or garlic cheese
4 eggs, beaten
2 tbsp. finely chopped parsley

1. Place first six ingredients in a saucepan and bring to a boil. Reduce to a simmer, cover and cook until done – about 15 minutes. Stir frequently.
2. Remove from fire and stir in butter and cheese. Cool for 15 minutes.
3. Fold in beaten eggs and parsley.
4. Place in buttered baking dish and bake at 325 degrees for 30 minutes.

EGGPLANT FRITTERS

1 small eggplant
1 tsp. vinegar
1 egg
½ tsp. salt
Black pepper and Tabasco,® to taste
Pinch of sugar
3 tbsps. flour
½ tsp. baking powder
Oil for frying

1. Cook eggplant until tender in boiling water with vinegar. Drain, mash and put into a bowl.
2. Beat into the eggplant, the egg; add salt, pepper, Tabasco, sugar, flour and baking powder. Combine ingredients well.
3. In a heavy skillet, heat oil for frying. When oil is ready spoon eggplant mixture into hot grease — about a "measuring" tablespoon at a time. If you want fritters to be smaller use a generous teaspoon. Fry, turning at intervals, until golden brown, a few minutes depending on the size of the fritter and the heat of the oil. Serves 4 "medium-sized" eaters or 3 hungry Creoles.

These fritters are delicious when eaten with a little blackberry jam or strawberry preserves on the side. Try that for something different, but they are excellent when served just plain! The fritter is synonymous with the French word beignet, which describes any food dipped in batter and fried in deep fat or oil. The coating batter varies depending on the food to be coated.

* *See Index.*

HORSERADISH MOUSSE

1 pkg. lemon gelatin
1 tsp. salt
1 tbsp. vinegar
8-oz. whipping cream
5-oz. jar horseradish
1 tbsp. parsley, finely chopped

1. Dissolve gelatin, following directions on box. Add salt and vinegar.
2. When gelatin is partially set, whip the cream, combine it with the horseradish and fold it into the gelatin mixture.
3. Pour into a lightly greased mold and chill until set.

This is great served as a relish with any meat.

HOT POTATO AND STRING BEAN SALAD

½ lb. pickled pork
2 lbs. fresh string beans, broken in half, ends cut off
2 lbs. small new potatoes, cut in half
2 lg. onions, sliced
6 tbsp. chopped parsley
Vinaigrette Dressing*

1. Sauté pickled pork in a little grease for a few minutes on each side and set aside.
2. Place string beans, potatoes, onion, and parsley in a large pot with water to cover and add the pickled pork, salt and pepper.
3. Bring to a boil, then reduce heat and simmer until potatoes are tender.
4. Drain, remove the pickled pork, place other ingredients in a serving bowl, pour Vinaigrette Dressing over and toss lightly. Serve hot. Serves 8 to 10.

Delicious served with baked ham.

This can be prepared ahead. Just cook until potatoes are almost ready, turn heat off and then later bring to a boil, drain and proceed as indicated.

MUSHROOM PIE

8-in. pie crust, baked
3 tbsp. butter
3 tbsp. flour
1 C. half and half cream
1 lb. fresh mushrooms, sliced or 8-oz. each mushrooms and water chesnuts
2 tbsp. butter
3 green onions, minced
1 garlic clove, minced
2 egg yolks, beaten in 1 tbsp. cream
Salt, white pepper, Tabasco® to taste
Dash of nutmeg
2 tbsp. white wine
¾ C. grated Swiss or cheddar cheese

1. Bake pie crust and make a cream sauce with the butter, flour, and cream.
2. In a separate skillet, sauté the mushrooms in butter with the green onions and garlic. Drain off any juices before adding mushrooms to cream sauce.
3. Beat the egg yolks in 1 tbsp. cream and add the cream sauce along with salt, pepper, Tabasco, a dash of nutmeg plus the wine. Blend all ingredients well. Pour the mixture into the crust. Top with cheese.
4. Bake at 350 degrees about 20 minutes. Serves 4-6 depending on the rest of the menu.

8-12 slices of ham sautéed quickly or an equivalent amount of bacon, cooked
2 tbsp. olive oil
½ C. chopped onion
2 green onions, chopped
½ C. chopped green pepper
1 clove garlic, pressed
2 or 3 firm ripe tomatoes, chopped
Salt, pepper and cayenne, to taste
2 tbsp. butter
10 eggs, slightly beaten with salt and pepper
3 tbsp. minced parsley
1 C. Choron Sauce*

PIPÉRADE

1. Sauté the onions, green pepper and garlic slowly in the olive oil until they are tender. Do not brown.
2. Add the chopped tomatoes, salt and pepper and simmer until most of the juice from the tomatoes has cooked out. This may be done ahead and set aside.
3. When ready to serve, combine the eggs and parsley and scramble in the butter, just until soft. Serve over the ham or bacon, topped with the Pipérade Sauce and the Choron Sauce, if desired.

* *See Index.*

QUICK, EASY BRUNCH COURSE

Place pieces of buttered toast (French bread is best!) — on a baking sheet. Top each piece of toast with 4 or 5 asparagus, canned or cooked fresh or frozen. Slice hard boiled egg on top of the asparagus and cover all with a generous quantity of Mornay Sauce.* Bake at 350 degrees for 20-30 minutes, until piping hot.

* *See Index.*

TIP: AMBROSIA

For a very traditional Southern dessert, combine orange slices, apple slices and grated coconut. Banana slices may also be used, but must be added at the last to prevent discoloration. Pour a little fruit juice over all and sprinkle with a little sugar. Voila!

BAKED APPLES WITH PECANS

6 apples
½ stick melted butter
7 tbsp. dark brown sugar
¼ C. chopped pecans
2 tsp. lemon juice
¼ tsp. cinnamon
Pinch of salt

1. Preheat oven to 350 degrees.
2. Wash and core apples without cutting through the stem. Pare the upper fourth of each apple. Trim the bottom so it will rest evenly in the pan.
3. In a bowl mix butter, sugar, pecans, lemon juice, cinnamon and salt. You might want to add a little water to the mixture. Mix well.
4. Place apples in a well-buttered baking pan and fill each center with nut mixture. Bake about 45 minutes. The time depends on the size of the apple and the oven. Test for "doneness" with a straw. Serves 6.

You might love to try some rich cream or Crème Fraîche poured over your baked apple. Used as a dessert try Crème Anglaise Soup.

VARIATION: Leave out the pecans. You can add raisins for a change, serve with ham.

BAKED BANANAS AND ORANGE SLICES

12 ripe bananas or plantains
2 unpeeled oranges, sliced very thin
1½ sticks butter
¾ C. dark brown sugar
⅛ tsp. salt
½ C. rum, warmed

1. Preheat oven to 325 degrees.
2. Peel, quarter and split bananas or plantains placing split side up in a shallow, buttered casserole dish. Lay orange slices over them. Layer to double recipe.
3. Cover fruit with a thin layer of sugar, dot with butter, sprinkle a little salt over all and bake for 30-35 minutes.
4. In the last ten minutes of baking time, pour rum over the dish and finish baking. Serves 8 to 10.

VARIATION: Omit oranges and sprinklke cinnamon over the bananas plus a little lemon juice.

TIP: You can cook bananas on top of the stove in a little butter with cinnamon sugar, lemon juice and rum, if you like.

BAKED CURRIED FRUIT

16 or 17-oz. can of drained, sliced peaches, pears, apricots, pineapple chunks and cherries
2 bananas, sliced
Juice of 1 lemon
24 small almond macaroons, coarsely crumbled
1 C. brown sugar
2 tbsp. good curry powder
2 4-oz. cans slivered toasted almonds
1 stick butter, melted
1 C. sherry or brandy

1. Place the fruit in a buttered baking dish and sprinkle with lemon juice, then sprinkle with macaroons.
2. Combine brown sugar and curry and sprinkle this over.
3. Sprinkle the almonds on next and then combine the butter and liquor and pour over all.
4. Bake at 350 degrees for 30 minutes. Serves 18-20.

This may be layered, or made in two separate dishes.

BANANA FRITTERS

2 bananas, mashed
¾ C. graham cracker crumbs
¼ C. flour
1 tsp. baking powder
More graham cracker crumbs to roll fritters in

1. Mix dry ingredients well and combine with bananas.
2. Drop by heaping tablespoons onto a plate containing more graham cracker crumbs. Dust thoroughly with crumbs.
3. Fry in about 2-3 inches hot grease until golden brown. Drain on paper towels. Serve hot.

Delicious "as is" or rolled in powdered sugar.

CRAYFISH CRÊPE FILLING

½ lb. butter
1 C. minced green onions
1½ lbs. sliced mushrooms
2 lb. cooked crayfish tails
¼ C. brandy
3-4 C. cream
Salt, white pepper and plenty of red pepper
Parsley, chopped

1. Melt butter — you may want more, crayfish can take a lot of butter and a lot of red pepper — and cook green onions in a large saucepan until tender, not browned. Add mushrooms and cook until wilted.
2. Add crayfish tails and sauté until heated through. Pour on brandy and let it flame.
3. Slowly add cream and blend ingredients. Bring to a boil. Remove from fire and season with salt, pepper and plenty of red pepper. Sprinkle parsley for color.
4. Fill crêpes* and tuck edges. Drizzle a little sauce over the tops — maybe even some Parmesan cheese — and heat in oven about 15-20 minutes. Fills about 12-16 crêpes.

* *See Index.*

VARIATION: SEAFOODS CRÊPE FILLINGS

Shrimp in a Mornay Sauce or a combination of seafoods in a cream sauce is delicious in crêpes.

* *See Index.*

TROPICAL BANANA FRITTERS

4 ripe bananas
2 oz. rum
1 tbsp. lemon juice
Pinch of salt
1 cup flour
2 eggs
½ C. whole milk
2-3 C. Frosted Flakes cereal
Oil for frying

1. Cut bananas into 1-inch rounds. In a covered bowl, soak for about 1 hour in mixture of the rum, lemon juice and salt.
2. Spread flour on waxed paper. Make the "egg wash" of eggs and milk. Roll out the cereal to coarse crumbs and roll bananas first in flour, then dip in egg wash and finally in the crumbs until well coated. A messy process, but remember that good eating doesn't come easily!
3. In a large, heavy skillet heat oil. Make sure it's hot.* Place coated bananas into grease and fry, turning at intervals, until golden brown — just a few minutes. Remove with a slotted spoon and drain on paper towels. Serves 4.

* *See Index.*

STOCKS, SAUCES
SOUPS AND GUMBOS

SAUCES — There is nothing difficult in making sauces ... only the beauty of adding a distinguished compliment to your cooking. The sauces in Bayou Banquet® will add interest to simple foods and leftovers. Try them and then experiment with them; add your own individual touches to create a new sensation. But a word of caution ... sauces should be used sparingly and limited to one a meal!

STOCKS TO SOUPS AND GUMBOS — From simply and easily prepared stocks come the hearty, nourishing soups and gumbos Southern hostesses love to serve. They can be the commencement of a feast, or with hot French bread and a crisply fresh salad can become a main course for a luncheon, dinner or late night supper. Experiment with the recipes in Bayou Banquet.® Vary your choice of vegetables and mix seafoods, meats and fowl.

1 C. flour
½ C. oil

BASIC CREOLE ROUX

1. Heat the oil in a heavy — preferably a cast-iron pot and add flour.
2. Reduce to medium heat and stir continuously until mixture turns a good brown color. Careful not to over-brown the roux or you will have a bitter taste. Be sure to break up the flour granules well. A wooden spoon is excellent for stirring.

This brown roux can be kept in the refrigerator in a covered container, ready for use in gumbos or gravies.

The white roux is made with the combination of oil or butter and flour, but not allowing to brown. It is used as a base for many cream sauces. White roux is used for bescharnel sauces.

4 lb. stew meat, brisket, or any equivalent
1-2 lb. cracked soup bone, shanks are good
3 qt. water
1 tbsp. salt
3 stalks celery
4 sprigs parsley
2 yellow onions
4 cloves inserted in onions
1 bay leaf
3 carrots, sliced
3 green onions
2 cloves garlic

BASIC BEEF STOCK

1. Boil up meat and bones in water for 10 minutes; skim off the foam that comes to the top. Reduce heat and simmer one hour. Add remaining ingredients and cook two hours. Strain. Makes 2 quarts. Meat can be used for other dishes. Can be frozen.

Brown Stock: Brown half of the beef in shortening and follow above recipe. Any beef or veal bones or scraps can be used for stock. Substitute veal or ham bones for a lighter stock.

BASIC CHICKEN STOCK

3-4 lb. stewing hen pieces
3 qt. water
2 carrots, sliced
2 stalks celery, chopped
1 large onion, chopped
2 sprigs parsley
¼ tsp. Tarragon leaves, optional
1 clove garlic
2 tsp. salt

1. Place chicken in a large pot, add water. Bring to a slow boil and skim top scum off liquid. Add remaining ingredients, cover and simmer gently about 2½ hours. Strain. Meat can be utilized in other dishes.

Chicken stock can be made with chicken necks and backs or left-over turkey carcass. The secret to the flavor is cooking it slowly. Chicken stock can be frozen.

BASIC FISH STOCK OR FUMET

This fumet, French for flavor, is a stock made from bones and trimmings of fish, equal quantities of salted water and white wine plus sliced onions, parsley, thyme, bayleaf and lemon juice. Fish stock is used in sauces and soups.

TIP: In making all stocks remember boil up all ingredients, uncovered, remove foam from top, cover and reduce heat to simmer.

BASIC SHRIMP OR CRAWFISH STOCK

Boil shells of shrimp or crawfish in salted water. Reduce heat and add onions, celery tops, pinch of thyme, bayleaf, pepper and a half of lemon. Cook slowly. Strain well. An excellent base for soups and sauces.

TIP: Fresh homemade stock is always the best when called for in any recipe. Little work is required with the secret being in long, slow simmering. So while you are at it, make big pots of stocks and freeze.

BREAUX BRIDGE VEGETABLE SOUP

3 lb. soup meat
2 tbsp. oil
3½ qt. water
½ head cabbage, sliced
1 very large onion, chopped
2 stalks celery, chopped
3 fresh medium tomatoes, chopped
1 large turnip, chopped
Handful of string beans
2 carrots, sliced
4 tbsp. parsley, chopped
1 large potato, chopped
4 ears of corn kernels
5 tbsp. tomato paste
1 tsp. sugar
Salt to taste
Freshly ground black pepper, to taste
Tabasco®

1. Brown the soup meat in the oil. Pour off oil.
2. Add all the other ingredients and bring to a boil, scoop any foam off the top.
3. Lower heat to low-medium and cook for 3 hours.

Of course, the vegetables may be varied to your choice. Freezes well. Serves 8.

BROCCOLI POTAGE

Bunch of broccoli
Salted water
¼ C. butter
⅓ C. flour
3 C. chicken, beef or veal stock*
1 grated onion
1 C. light cream, warmed
2 egg yolks
Salt and white pepper to taste

1. Cook broccoli in salted water until just tender, strain and reserve cooking water and few flowerets for garnish.
2. Melt butter in saucepan, blend in flour and stir until golden, not brown. Gradually add liquid, 3 cups vegetable water and stock. Cook until smooth and add broccoli; simmer for 30 minutes, covered.
3. Put the mixture in blender, food processor or purée it. Beat egg yolks and add cream. Add to soup and warm, careful not to boil. Correct seasoning and put a tablespoon of butter just before serving. Garnish with flowerets.

Soup is creamy and delicious. Brussel sprouts or asparagus may be substituted for broccoli.

* *See Index.*

CHILLED ALLIGATOR PEAR—AVOCADO—SOUP

- 2 large avocados
- 2 C. chicken stock*
- 1½ C. sour cream
- 2 green onions, chopped
- Juice of 1 lemon
- Salt and white pepper to taste
- Tabasco® to taste
- 1 tomato, chopped, for garnish

1. Put all ingredients except tomato in blender.
2. Blend quickly on low speed.
3. Refrigerate for several hours.
4. Serve cold with chopped tomato garnish.

* *See Index.*

COLD PATIO SPINACH SOUP

- 3 (10-oz.) packages frozen spinach, chopped
- 5 tbsp. butter
- ⅔ C. yellow onion, chopped
- 1 qt. chicken stock*
- 2 (8-oz.) packages cream cheese, cubed
- Tabasco,® to taste
- Salt and pepper to taste
- Pinch of nutmeg

1. Cook spinach according to directions on box and drain.
2. Sauté onions in butter and add to spinach.
3. Add stock, cream cheese, Tabasco, salt, pepper and nutmeg to spinach.
4. Purée in blender at low speed.
5. Refrigerate at least 6 hours and serve cold. Serves 6.

* *See Index.*

CREOLE GUMBO Z'HERBES

5 different bunches greens (i.e.: turnip, collard, mustard, parsley, cabbage, spinach, beet tops)
1 lb. pickled pork, cut up into medium pieces
4 tbsp. bacon grease
4 tbsp. flour
1 medium onion, chopped
½ C. green onions, chopped
4 cloves garlic, pressed
1 tbsp. vinegar
1 qt. liquor from greens
4 C. chicken, turkey, beef or veal stock*
Salt and pepper to taste
Tabasco® to taste

1. Wash greens thoroughly. Remove stems and any tough parts.
2. Place the greens in a large pot with sufficient water to cover, bring them to a boil, then simmer gently until greens are tender; 20-30 minutes. Reserve liquor.
3. Brown pickled pork quickly in a skillet, then reduce heat to low, add a little water and simmer while greens are cooking.
4. Make a brown roux of the flour and bacon grease, add onions and garlic and cook about 5 minutes.
5. Combine this with the greens, the vinegar, one quart of reserved liquor from the greens and four cups stock.
6. Place this a little at a time in the blender on low speed.
7. Return to pot, add salt, pepper and Tabasco to taste, add the pork and simmer 1½-2 hours. Serve alone or over rice. Serves 8.

* *See Index.*

COURTYARD VICHYSSOISE

3 C. diced potatoes, peeled
3 C. onions or leeks, chopped
6 C. chicken stock*
1 C. whipping cream
Salt and white pepper to taste
Tabasco® to taste
3 tbsp. chives, chopped for garnish

1. Combine the potatoes, onions and stock and cook until potatoes are tender.
2. Place this in the blender, medium speed.
3. Add whipping cream, salt, pepper and Tabasco and chill for several hours.

Serve very cold, garnished with chopped chives. Serves 8.

* *See Index.*

DUSON LEEK OR ONION AND POTATO SOUP

3-4 C. diced potatoes, peeled
3 C. leeks or yellow onions, thinly sliced
2 qt. chicken stock*
4-6 tbsp. whipping cream
Salt and pepper to taste
3 tbsp. parsley, finely chopped
2 tbsp. butter

1. Simmer leeks or onions in seasoned stock for about 15 minutes.
2. Add potatoes and cook until tender.
3. Just before serving, and off the heat, add whipping cream, parsley and butter.

* *See Index.*

FARMER'S MARKET GREEN PEPPER/LEEK SOUP

¼ lb. ham
1½ tbsp. olive oil
3 C. sliced onion
3 C. sliced leeks
2 C. diced green pepper
6 cloves garlic, finely minced
1½ tbsp. flour
3 qts. chicken stock*
½ C. rice or dried pasta
Pinch of saffron
¼ tsp. thyme
Salt, pepper, Tabasco® to taste

1. Sauté ham in oil until lightly browned. Add onions and leeks and sauté until just tender. Add pepper and garlic and sauté about 10 minutes without browning.
2. Add flour and cook for 3 minutes. Gradually pour in chicken stock and bring to a boil. Add rice or pasta plus the saffron and a pinch of thyme. Cover and simmer 20 minutes. Serves 8-10.

If you want to thicken this soup add 4 egg yolks well beaten in ½ cup olive oil. Trickle this mixture into the soup and slowly warm to just below a boil.

* *See Index.*

FRENCH MARKET ONION SOUP

5-6 C. onions, sliced thinly
3-4 tbsp. butter
1 tbsp. oil
Sprinkling of salt and sugar
3 tbsp. flour
2 qt. very rich beef stock, chicken and beef stock combined, or beef bouillon*
½ C. dry white wine
3 tbsp. cognac
Salt and pepper to taste
Slivers of Swiss or Gruyere cheese
Rounds of toasted and buttered French bread
1 C. Swiss or Gruyere cheese, grated
½ C. Parmesan, grated

1. Melt butter and oil over low to medium heat and sauté onion slices sprinkled with a little sugar and salt, until onions are golden brown — stir constantly. Do not scorch!
2. Add flour and stir well for 2-3 minutes.
3. Remove from heat and stir in the hot stock.
4. Add pepper and salt, if necessary.
5. Return to heat and simmer 30 minutes partially covered. Add wine at the end of this cooking period. This much may be done ahead.
6. When ready to serve, get soup very hot and add cognac.
7. Put slivers of cheese in the bottom of soup bowls or tureen and pour soup over.
8. Heap grated Parmesan with Swiss or Gruyere onto bread rounds and float on top of soup.
9. Place under broiler, in middle of oven and brown slightly. Serves 8.

* *See Index.*

GAZPACHO GALVEZ

½ cucumber, peeled and chopped
2 fresh tomatoes, chopped
½ medium onion, chopped
3 green onions, chopped
½ green pepper, chopped
2 oz. pimientos, sliced
¼ C. olive oil
1 tbsp. vinegar
2 tbsp. lemon juice
1 tbsp. parsley, chopped
Salt and pepper to taste
Tabasco® to taste
46-oz. can tomato juice
For garnish: sour cream, chopped tomato and cucumber

1. Place all vegetables and seasonings in blender, along with enough tomato juice to make it blend easily.
2. Combine with remaining tomato juice and chill several hours.

Serve very cold. Place a dollop of sour cream in each serving, plus a sprinkling of chopped tomatoes and cucumbers.

POTAGE CRÈME CHAMPIGNONS—CREAM OF MUSHROOM SOUP

6 tbsp. butter
3 tbsp. flour
2½ C. chicken stock*
1½ C. milk, warmed
1 lb. sliced mushrooms
3 tbsp. parsley, minced
Juice of 1 lemon
⅔ C. heavy cream, warmed
Salt, white pepper to taste
Tabasco®

1. Melt butter and add flour. Stir until smooth. Add stock continue to stir. Gradually add mushrooms, parsley, lemon juice and cook 10 minutes.
2. Add cream and check the seasoning. Heat, but do not boil. Serves 6-8.

* *See Index.*

POTAGE CRÈME CREOLE TOMATOES—CREAM OF TOMATO SOUP

5 ripe Creole tomatoes, peeled and cut up
3 tbsp. melted butter
6 green onions, chopped finely
4-5 C. beef or chicken stock*
3 tsp. fresh dill
3 tbsp. flour
2 tbsp. butter
1½ tbsp. sugar
Salt, white pepper and Tabasco®
3-oz. cream cheese, softened

1. Melt butter, add onions and tomatoes and cook until soft. Add stock, 2 tablespoons of dill and simmer, covered for 15 minutes. Mix flour and melted butter to make a smooth paste and add to soup. Stir well. Add sugar, salt, pepper and Tabasco and remaining dill and cook another 5 minutes.
2. Transfer soup in batches to the blender or food processor and purée. Return to pot. Take one cup of purée and add cream cheese and return to blender. Combine until smooth. Mix all together over medium heat until hot and ready to serve. — Croutons are delicious with this dish. Serves 1-6.

* *See Index.*

TIP: To peel tomatoes easily, plunge them into rapidly boiling water for a few seconds. Remove and peel.

POTAGE VELOUTÉ AUX CHAMPIGNONS

1 lb. small, fresh mushrooms
½ stick butter
1 onion, chopped
4 green onions, chopped
3 medium potatoes, sliced
4 C. chicken stock*
Salt, white pepper, Tabasco®
2 tbsp. parsley, chopped
1 C. light cream, warmed
Pinch of nutmeg
1 tbsp. lemon juice
1 oz. cream sherry

1. Wash, drain and slice mushrooms, set aside. Melt butter in a deep pot and cook onions and sliced potatoes about 5-7 minutes. Add chicken stock. Bring to a boil and reduce heat, cover and cook about 20 minutes. Add salt, pepper and Tabasco. Purée the soup in the food processor. Return to pot and add mushrooms, parsley and cook for another 10 minutes.
2. Gradually add the cream into the mixture. If soup is too thick, add more liquid. A pinch of nutmeg, lemon juice and sherry will finish off this tasty soup. Serves 4-6.

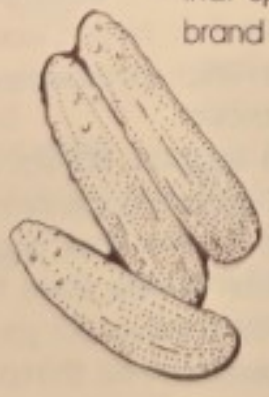
* *See Index.*

QUICK SUMMER SOUP

4 C. Tabasco® Bloody Mary mix
½ C. sour cream or yogurt
Cucumber and onion, finely chopped
Dash of lime juice
Seasoning to taste

1. Combine Bloody Mary mix and sour cream or yogurt. Adjust the thickness of the liquid. Add a little chopped cucumber, chopped onion and the lime juice and any extra seasoning you like. Mix well.
2. Put mixture into the freezer until it is just "flaky". Remove and serve. Serves 4.

While other Bloody Mary mixes could be used, that special robust flavor of the Tabasco® brand cannot be equaled.



REFRESHING WATERCRESS SOUP

3 tbsp. butter
3 tbsp. flour
½ C. green onions, chopped
2 tbsp. parsley, chopped
4 C. fresh watercress, plus a little more for garnish
5½ C. chicken stock*
Salt and white pepper, to taste
2 egg yolks
½ C. whipping cream
2 tbsp. butter

1. Melt butter in heavy saucepan, add flour and cook about 2-3 minutes.
2. Add green onions and parsley and cook slowly about 5-8 minutes.
3. Slowly add the chicken stock and then the watercress. Simmer for 10 minutes.
4. Put the soup in the blender, a little at a time on medium speed and then return to the stove on low heat. Simmer.
5. Combine egg yolks and whipping cream in a bowl and whisk to blend.
6. Add about a cup of the hot soup very gradually to the egg mix, a few drops at a time at first, then slowly add 2 more cups of hot soup. Then combine this with what is in the soup pot.
7. Heat a minute or two, but do not simmer.
8. Remove from heat and add 2 tbsp. butter.

Serve hot or cold, garnished with chopped watercress leaves.

* *See Index.*

SOUPE À L'AUBERGINE— EGGPLANT SOUP

¼ lb. bacon, chopped fine
1 tbsp. butter
1 large onion, chopped
2 lbs. eggplant, peeled and cubed
1 bayleaf, crumbled
¼ tsp. dried thyme
1 qt. chicken stock*
Salt, pepper to taste
Peeled shrimp or shelled crabmeat, optional

1. Sauté bacon in butter until crisp. Remove bacon from the pan, leaving the rendered fat, in which you cook the onion until tender, not brown.
2. Add eggplant, bayleaf and thyme. Cook until eggplant is soft, stirring often.
3. Add chicken stock and bring to a boil. Season to taste. Purée the mixture. This is ready to serve, but you can add some cooked, peeled shrimp or some shelled crabmeat if you're feeling "exotic". Serves 4-6.

* *See Index.*

SOUPE AUX CHOUX—CABBAGE

3 tbsp. butter
½ C. chopped onions or leeks
½ C. chopped celery
3 cloves garlic, minced
3 white potatoes with peel, sliced
3 carrots, sliced
5 C. beef or chicken stock*
1 lb. rope sausage
⅛ tsp. thyme
1 tbsp. caraway seeds
1 small cabbage, shredded
2 tbsp. flour
½ stick butter
1 tsp. paprika
2 tbsp. Worcestershire

1. In a large, heavy pot melt butter and add onions, celery, garlic, potatoes and carrots. Cook about 10 minutes.
2. In a separate pan slice sausage and brown.
3. Add liquid to vegetables, mix well; add sausage, caraway seeds and thyme. Simmer for 30 minutes, stirring occasionally.
4. Add cabbage and cook for another 10 minutes. Melt butter and mix flour in a smooth paste. Add to mixture along with paprika and Worcestershire. Cook another 5 or 10 minutes. Correct for salt and pepper.

A good, hearty meal to be served with hot bread. Try a dollop of sour cream and chives in the middle of your bowl. Be adventurous! It's delicious. Serves 4-6.

* *See Index.*

SOUPE AUX POIS—HEARTY SPLIT PEA SOUP

1 lb. dried split peas
1 ham bone or pickled pork
1 smoked sausage
2½ to 3 qt. chicken stock* or water
2 cloves of garlic, finely chopped
3 stalks celery, chopped
2 onions, chopped
1 carrot, pared and sliced
Salt to taste
½ tsp. pepper
Parsley, chopped

1. Rinse and sort out peas. Place peas, ham bone or pork — see tip — and add celery, onions, garlic, pepper, carrot and stock in a large pot. Bring to a boil, then reduce heat to simmer, slowly for about 1½ hour.
2. In another pan, slice sausage and fry. About half way through cooking time, add sausage. When soup is done, sprinkle parsley over the top. Serve with croutons. Serves six.

* *See Index.*

TIP: Pickled pork should be fried in separate pan first, then added to soup. If soup is too thick, add milk, water or more stock.

One-half cup of sherry can be added as an optional flavor.

SOUPE ROUGE—COLD BEET SOUP

2 tbsp. butter
2 medium onions, finely chopped
2 carrots, finely grated
2 (16-oz.) cans whole beets or 10 medium-sized fresh cooked beets
2 tsp. sugar
6 C. chicken stock
3 tbsp. lemon juice
Salt, white pepper, and Tabasco® to taste
2 C. sour cream
Fresh dill for garnish

1. Melt butter and sauté onions and carrots until soft. Drain and chop the cooked beets. Add to mixture along with sugar and chicken stock. Cover and simmer for about 20-30 minutes. Purée the soup and add lemon juice, salt, pepper, and Tabasco. Chill.
2. When ready to serve, mix soup into the sour cream thoroughly. Sprinkle fresh dill to garnish. Serves 8-10.

TECHE CAULIFLOWER SOUP

1 cauliflower
4⅓ C. chicken stock*
2-3 tbsp. flour
½ C. yellow onions, finely chopped
¼ C. green onions, finely chopped
¼ C. celery, finely chopped
1 pint half and half, scalded
Salt and white pepper, to taste
Tabasco,® to taste
Cheddar cheese
Parmesan cheese
3 tbsp. parsley, finely chopped

1. Boil the cauliflower in the stock until tender. Remove the cauliflower, cut it up and mash it with a fork. Set this and the stock aside.
2. Melt butter, add flour and cook over low to medium heat 2-3 minutes.
3. Add onions and celery and cook until onions are soft.
4. Add chicken stock, cauliflower, half and half, salt, pepper and Tabasco, to taste.
5. When this is hot, add cheddar cheese to taste and a sprinkle of Parmesan cheese and parsley. Serve hot.

To serve cold: place in blender on medium speed. Refrigerate several hours.

* *See Index.*

TRADITIONAL RED BEAN SOUP

Cooked red beans*
Milk
Salt and pepper, to taste
Lemon slices, optional
Parsley, chopped, optional

1. Place cold cooked red beans in blender. Reserve the meat to eat as an accompaniment.
2. Add enough milk to achieve the desired consistency. Blend until smooth.
3. Add salt and pepper, if necessary.

Serve hot, garnished with lemon slices and chopped parsley. Cooked white beans may be substituted for the red.

* *See Index.*

VEGETABLE POTAGE

1 onion, finely chopped
Butter
2 tbsp. flour
2-3 C. vegetables, sliced or diced
2-3 C. stock, hot
Salt, pepper, Tabasco® to taste
Parsley
Fresh or dried herbs
Grated orange or lemon peel or juice

You have to decide what kind of soup you want. There are a lot of variables, all of which are limited to what kind of vegetable or vegetables you are using. Some are starchy and won't need a thickener. Some have enough flavor not to require a strong stock or extra herbs and spices.

1. Basically, you cook the onion in a little butter, until tender. Sprinkle the onion with flour and continue cooking for about three minutes.
2. Add a single vegetable or a combination of your choice and stir until well coated. Add the stock that best blends with vegetable selection and bring to a boil. Add salt, pepper, Tabasco and purée in a blender or food processor.
3. Thin to taste with more stock, cream, or milk and flavor with herbs, add the peel and juice at the end. Experiment and come up with something interesting. Make do!

MOCK TURTLE SOUP

2 lb. beef brisket
2 tbsp. cooking oil
2 onions, sliced
½ C. flour
2 (16-oz.) cans tomatoes
2 qt. beef stock or water
3 bayleaves, crumbled
1 sprig thyme
Salt and pepper
1 C. sherry
3 hard-boiled eggs, sliced
1 lemon, sliced thinly
½ tsp. sugar

1. Brown meat in shortening; add onions and cook on low fire until tender. Remove meat and onions. Stir in flour and brown well. Return meat and onions, add spices, stir in tomatoes and water (or stock) and simmer uncovered for 2½ hours. Add salt and pepper to taste.
2. Right before serving, add sherry and garnish with egg and lemon slices. Serves 8.

BELLE CHASSE TURTLE SOUP

3 lb. turtle meat
4 qt. water
3 tbsp. cooking oil
3 tbsp. flour
3 stalks celery, thinly sliced
3 onions, finely chopped
1 green pepper, finely chopped
6 cloves garlic, minced
2 lemons, thinly sliced
4 tbsp. Worcestershire
2 bayleaves, crumbled
4 hard-boiled eggs, chopped
Salt and pepper, to taste

1. Remove all visible, yellow fat from turtle meat, boil meat in water until tender. Remove meat from stock and strain. Reserve meat and stock.
2. Make brown roux with oil and flour. Cook down and add celery, onions, pepper and garlic. Cook down for about 15 minutes over low fire.
3. Gradually add stock to roux. Mix well and bring to a boil. Reduce heat and add meat, lemons, Worcestershire and bay leaves. Cover and simmer for about 1 hour.
4. Salt and pepper to taste. Garnish with chopped egg and parsley. Serves 10.

TIP: TASTY CROUTONS

Croutons are made of bread and commonly used as a garnish for soups or in salads. Take day old bread, cut into half inch cubes and fry in butter or margarine. Spread on a cookie sheet and toast in a 400° oven until crisp and brown, 10-15 minutes.

4 oz. oysters, medium sized
1 C. oyster liquor
1 C. celery, finely chopped
½ C. green onions, finely chopped
½ C. parsley, finely chopped
¾ stick butter
1 qt. whole milk, warmed
Salt, pepper and Tabasco® to taste
Worcestershire

CAJUN OYSTER STEW

1. In a large deep iron pot, cook down celery, green onions and parsley in butter until it just starts to brown.
2. In a blender, blend 12 oysters with liquor for a few seconds and add to pot. Cook for 10 minutes. Add whole oysters and cook until edges begin to curl. Don't overcook.
3. Heat milk in a separate pan and mix with the other ingredients until hot. Season to taste. Serves 6.

This delicious, old soup recipe, called stew by Louisianians, should be served immediately with hot French bread. It can be frozen.

A grandmother would have made it if she'd had a blender!

* *See Index.*

Notes

CRAWFISH BISQUE

For crawfish:
6 doz., 4-5 lb. live crawfish
1½ C. salted boiling water
3 qt. water
Lemon slice

For the bisque:
3 stalks celery, chopped
1 large onion, chopped
8 green onions, chopped
2 tbsp. oil
2 tbsp. butter
4 tbsp. flour
16-oz. can tomatoes
6-oz. can tomato paste
2 cloves garlic, minced
2 bayleaves, crumbled
1 tsp. basil
1 tbsp. parsley, chopped
2½ qt. crawfish stock
½ of crawfish meat
Salt, pepper, allspice to taste
1 tsp. sugar

To stuff heads:
1 onion, chopped
2 cloves garlic, chopped
2 tsp. parsley, chopped
2 tbsp. butter
½ of crawfish meat
1½ C. bread crumbs, moistened
1 egg, beaten
30 heads of crawfish

1. Purge live crawfish in water and rinse. Put crawfish in boiling, salted water for about 5-10 minutes. Cool and pick crawfish, reserving heads and shells. Boil heads and shells in 3 quarts water and lemon slice, strain and set water aside for stock. Divide crawfish meat in half.
2. Sauté onions and celery in oil. Add butter, stir in flour to make a brown roux. Stir in tomatoes, paste and garlic to simmer for 15 minutes. Add bay leaves, basil, parsley and stock. Cover and simmer for 1 hour. Add ½ of crawfish meat to cook for 15 minutes. Add remaining ingredients and cook until bisque is consistency of thick cream.
3. Chop onion, garlic and parsley and soften in butter. Add crawfish meat and continue to cook over low heat. Add bread crumbs, egg and thyme. Cook for about 10 minutes. Salt and pepper to taste. Stuff heads and dot with butter; bake in 400° oven until brown (about 10-15 minutes).
4. Place stuffed heads in a large tureen and pour hot bisque over them. Serve with French bread and a salad. Serves 6-8.

4 tbsp. butter
4 tbsp. flour
½ C. onions, chopped very fine
1 C. green onions, chopped very fine
¼ C. celery, chopped very fine
2 cloves garlic, pressed
1 qt. chicken stock*
6 artichokes, cooked, leaves scraped and bottoms chopped fine
4 pt. oysters, chopped fine and liquor from 2 pints
Juice of 1 lemon
1 C. half and half
Tabasco,® to taste
Salt and white pepper, to taste

ESPLANADE ARTICHOKE AND OYSTER SOUP

1. Make a dark brown roux by browning the flour in the butter over medium heat, stirring constantly.
2. Add the onions, celery, parsley, and garlic and cook 5-10 minutes, until onions look tender.
3. Add the chicken stock, chopped artichokes, oysters, and oyster liquor.
4. Add the lemon juice and cook 5-8 minutes.
5. Add the half and half, Tabasco, salt and pepper to taste. Heat 3-5 minutes. Serves 8.

* *See Index.*

Notes

GULF COAST BOUILLABAISSE

- 3 lb. fish fillets (use 2-3 different kinds of fish: trout, catfish, redfish, red snapper, etc.)
- Olive oil for rubbing fish
- Lemon juice
- 3 tbsp. butter
- 3 tbsp. olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1 bunch green onions, chopped
- 2 tbsp. parsley, chopped
- 4 cloves garlic, pressed
- 2 tbsp. flour
- 4½ C. fish stock*
- 1½ C. chicken stock*
- 1 tsp. dried orange peel, grated
- ½ tsp. cayenne
- 1 large pinch saffron
- 1 bayleaf
- ½ tsp. thyme
- ½ tsp. allspice
- 2 medium to large tomatoes, diced
- 3 new potatoes, unpeeled and diced
- Salt and pepper to taste
- 1-2 lb. shellfish, peeled crawfish, shrimp, oysters, soft shell crabs or a combination
- ½ C. dry white wine
- French bread

1. Preheat oven to 350°.
2. Salt and pepper fish fillets and rub them with lemon juice and olive oil.
3. Bake the fish at 350° for 20 minutes and set aside.
4. Sauté the onions, celery, parsley and garlic in the butter and olive oil over medium heat for 5-8 minutes.
5. Add the flour and cook another 5 minutes.
6. Add the stocks, all the seasonings (if your stock has been made with thyme, cloves or allspice, omit these ingredients from the list) and the tomatoes, and potatoes.
7. Bring this to a boil and then allow to simmer for 20 minutes.
8. Add the shellfish and cook 5 more minutes.
9. Add the fish fillets and the wine and cook another 5 minutes.

To serve, put a slice of French bread in each soup bowl and ladle the bouillabaisse over. Because of the many ingredients, this may look rather complicated. It really is not, once you've finished the chopping. This originated as a simple Mediterranean fisherman's soup.

* *See Index.*

VARIATION: CLEAR BOUILLABAISSE

The French strain their bouillabaisse and serve the clear soup with the seafood. We, in New Orleans, prefer the texture of all the ingredients. Serves 6-8 as a main dish.

HOUMA SHRIMP AND CORN CHOWDER

1 lb. shrimp, boiled and peeled, about 1 cup
2 C. shrimp stock*
2 slices uncooked bacon, cut in pieces
3 onion slices
1 bay leaf, crumbled
1 C. diced, raw potatoes
3 tbsp. flour mixed with cold water
Salt and black pepper
Tabasco®
2 C. cooked corn kernels or one 17-oz. can of corn
2 C. hot milk
2 tbsp. butter
1 tsp. lemon juice
2 egg yolks
Parsley
Chives, chopped

1. Boil shrimp and peel. You can make a stock out of shells. Chicken stock or water can be substituted, but the results are not as good.
2. Brown bacon bits lightly and stir in onion slices. Cook 2-3 minutes, stirring frequently. Add bay leaf, potatoes, plus the stock, and cook until potatoes are tender. Thicken mixture with flour paste. Add salt, pepper and Tabasco.
3. Add corn kernels and hot milk and stir into mixture. Bring to a boil and remove from heat. Correct seasoning. Stir in 2 tablespoons of butter and lemon juice.
4. Just before serving, beat egg yolks, add a little "soup liquid" to this and slowly add the soup, so as not to curdle the eggs. Heat, don't boil, stirring constantly. Sprinkle parsley and chopped chives over the top. Serves four generously.

LAFAYETTE OKRA SEAFOOD GUMBO

½ lb. smoked sausage, sliced
5 tbsp. bacon grease
8 tbsp. flour
1 large onion, chopped
½ green pepper, chopped
2 large cloves garlic, pressed
2 lb. okra, sliced
½ bunch green onion, chopped
4 tbsp. parsley, sliced
2 large okra, sliced
1 large tomato, diced
1 lb. "gumbo crabs"
3 lb. shrimp, peeled
2½ qt. turkey stock,* plus any turkey meat left on bones
Salt and freshly ground black pepper to taste

1. Place the sliced sausage in a small heavy skillet and sauté to render the grease — about 5-10 minutes over low to medium heat. Discard grease and set sausage aside.
2. Make a dark, rich roux by browning the flour in the bacon grease over medium heat, stirring constantly.
3. Add the onions, green pepper, garlic and parsley and cook for 5-10 minutes over low to medium heat.
4. Add the okra and continue cooking, stirring constantly, until the okra loses its sliminess. This takes approximately 30 minutes.
5. Add the turkey stock, meat and tomatoes and bring to a boil, simmer for 1 hour.
6. Add the shrimp, crabs and sausage and simmer for 30 minutes. Serves 8-10.

* *See Index.*

LAKE BORGNE SHRIMP BISQUE

4 tbsp. shrimp butter (recipe below)
4 lb. shrimp
2 tbsp. carrot, finely chopped
1 green onion, finely chopped
½ C. fresh mushrooms, chopped
4 C. chicken stock, strained*
4 tbsp. celery leaves, chopped
1 tbsp. parsley, finely chopped
1 tsp. cayenne
½ tsp. nutmeg
Salt and white pepper, to taste
2 C. dry white wine, heated
2 C. light cream, scalded

Shrimp Butter:
10 shrimp, cooked and peeled
4 tbsp. butter at room temperature

For Shrimp Bisque:

1. Peel shrimp and chop as finely as possible.
2. Sauté chopped shrimp, carrot, green onion and mushrooms in the shrimp butter, over low heat for about 3 minutes.
3. Place this mixture in a larger pot, along with the stock, celery leaves, parsley, cayenne, nutmeg and salt and pepper.
4. Cook for 20 minutes over low heat.
5. Allow this to cool slightly. Then place, a little at a time, in a blender, on low speed for just a brief time (you don't want to end up with mush — you just want everything very finely chopped).
6. Return to stove and reheat.
7. Remove from the heat and add the wine and cream. Serves 8.

* *See Index.*

For Shrimp Butter:

1. Chop shrimp very finely and then mash with a wooden spoon.
2. Combine with the butter.

LAKE PONTCHARTRAIN CREAMED CRAB SOUP

4 tbsp. butter
5 tbsp. flour
2 green onions, finely chopped
¾ stalk celery, finely chopped
1 tbsp. parsley, finely chopped
Salt and white pepper, to taste
1 pint whipping cream
1 pint milk
1 lb. lump crab meat

1. Melt butter over medium heat and add flour. Stir 2 minutes.
2. Add green onions, celery and parsley and cook about 5 minutes.
3. Slowly add the cream and milk and simmer 5-10 minutes.
4. Add the crab meat, heat well and serve. Serves 6.

LOUISIANA CLAM CHOWDER

1 lb. bacon
2 large onions
6 potatoes
1 C. water
5 (6½-oz.) cans minced clams or equivalent of Louisiana fresh clams, including juice
Salt and fresh ground pepper
2 qt. half and half
1 stick butter

1. Cut up and cook bacon. Set bacon aside and pour off most of the grease.
2. Cook onions in a little of the bacon grease until soft.
3. Cook potatoes in water and clam juice.
4. Add salt and pepper, half and half, butter, and minced clams to the potatoes and heat.
5. Add the bacon, heat two more minutes and serve hot. Serves 8.

INFORMATION: Louisiana clams were not a staple among seafoods, their main use was for the shells in unpaved driveways. However, today they are widely served and are shipped even to the Northeast coast to supplement that section's lean harvests.

OYSTER BISQUE À LA NOUVELLE ORLÉANS

2 dozen fresh, medium-sized oysters
2 C. rich chicken stock*
Oyster liquor
3 onion slices, thinly sliced
2 celery stalks, thinly sliced
1½ C. stale French bread, converted into coarse crumbs
Salt, white pepper
Nutmeg
Tabasco®
2 C. hot milk
1 C. light cream
2 tbsp. butter
3 tbsp. sherry
Parsley, finely chopped

1. Drain oysters and reserve oyster liquor. Chop oysters and put aside.
2. Put into a soup kettle, 2 cups chicken stock, oyster liquor, onions, celery and bread crumbs. Cook for 30 minutes.
3. Remove from fire and add oysters and heat thoroughly, don't overcook oysters. About 3 minutes.
4. Season to taste with salt, pepper, nutmeg and Tabasco.
5. When ready to serve add hot milk, cream, butter, sherry, and parsley. Heat and stir about another 2-5 minutes. Serve with hot French bread. Serves 4-5.

* *See Index.*

PERE BOCAGE ALLIGATOR SOUP

1 gallon water
1 whole onion, studded with 6 cloves
Celery tops
2 cloves garlic
Bayleaf
Thyme
Salt and black pepper
1 tbsp. lemon juice
2 lb. alligator meat
1 C. oil
1 C. flour
1 C. chopped onion
2 stalks celery, finely chopped
4 tbsp. tomato paste
1 tsp. allspice
Salt and red pepper
2 tbsp. parsley, chopped
Dry sherry
Thin lemon slices
Hard-boiled eggs, chopped for garnish

1. Add clove studded onion, celery tops, garlic, bayleaf, thyme, salt, black pepper, and lemon juice to water. Bring to a boil and simmer to make a "courtbouillon".
2. Boil alligator meat in courtbouillon until tender — about 2 hours. This meat has a tendency to be tough.
3. Heat oil in a separate iron skillet; add flour and stir until roux is medium brown. Reduce heat and add in tomato paste and continue to cook, stirring constantly, another 15 minutes.
4. Add the roux mixture and allspice to the alligator and courtbouillon and cook slowly, covered, for about an hour. Add salt and red pepper to taste. Adjust soup to desired thickness and add parsley. When ready to serve, add to each filled soup plate a little sherry and top with a thin lemon slice sprinkled with egg.

Alligator soup is similar to turtle soup, although it has its own special flavor. It's a very popular delicacy despite the fearful name.

Notes

POINTE À LA HACHE
WILD DUCK AND ANDOUILLE GUMBO

2 ducks – mallards preferred, turkey can be substituted
2 lb. andouille or any rope sausage
3 tbsp. cooking oil
1 C. oil
1 C. flour
1 carrot, extra finely chopped
3 medium onions, finely chopped
4 stalks celery, finely chopped
1 bunch green onions, finely chopped
1 green pepper, finely chopped
5 cloves garlic, finely chopped
1 tbsp. tomato paste
10 C. rich chicken stock*
2 bay leaves, crumbled
½ tsp. black pepper
½ tsp. allspice
¼ tsp. basil
Sprinkle of thyme
1 tbsp. sugar
Salt, Tabasco® to taste
4 tbsp. parsley, finely chopped
Kitchen Bouquet, optional

1. Cut up ducks into serving pieces. Make sure the oil gland is removed. Wash, drain and season ducks lightly with salt and pepper. In a large, black skillet brown the ducks in oil. Remove with slotted spoon and take out excess fat.
2. Slice sausage ¼-inch thick and fry in same black pot. Remove and set aside.
3. In another large, deep pot, heat cup of oil and add flour to make the roux. Cook over medium heat until a good brown color.
4. Add carrot to the roux and cook 5 minutes. Add onions, half of the green onions, green pepper, celery, garlic and tomato paste. Mix well, cook and stir until vegetables are tender – about 30 minutes.
5. Gradually, add warmed stock, the ducks, sausage, herbs and sugar. Hold off on the Tabasco – the sausage may be spicy. Bring to a boil and reduce heat to a simmer, cover and cook for a ½ hour. Add 2 tablespoons parsley and cook for about another 2 hours on a low fire. In the last 15 minutes add rest of the green onions and parsley.
6. When gumbo is done adjust the seasoning. If gumbo isn't brown enough add Kitchen Bouquet – about 1 tablespoon. Allow to cool and skim excess grease off the top. Add more liquid if gumbo is too thick.

You can add shrimp, oysters or chicken to this gumbo. Okra can also be added. Mercifully, this gumbo can be made a day or so ahead of time; otherwise you might never see your family or your guests. Freezes well.

Serve over hot rice, with French bread. Filé powder can be added at the table.

Filé, pronounced fee-lay, a powder made from dried sassafrass leaves was first used by the Region's Indians; it serves to thicken and to flavor the gumbo. It should always be added after the gumbo is cooked.

BASIC WHITE CREAM SAUCE (BÉCHAMEL)

2 tbsp. butter or margarine
2 tbsp. flour
1 C. milk
Salt and pepper to taste
Chopped parsley, for garnish, if desired

1. Melt butter and add the flour. Cook over low to medium heat 2-3 minutes. Do not allow the flour to brown.
2. Add the milk slowly, whisking all the while.
3. Add salt and pepper and simmer until the desired consistency is reached. Add more milk if it becomes too thick. Put it in the blender if it lumps.

VARIATION: SAUCE VELOUTÉ

Use Basic White Cream Sauce recipe, substituting chicken or fish stock for the milk.

These two basic sauces are used for vegetables, eggs, fish, and poultry.

TIP: Good tools to use for making cream sauces are a wooden spoon and a wire whisk.

QUICK BROWN SAUCE

2 tbsp. butter
2 tbsp. flour
2-3 C. rich beef or chicken stock
Salt, freshly ground black pepper to taste
Kitchen Bouquet, optional

1. Melt butter, add flour and cook the roux over a low flame, stirring until roux is the color of a brown paper bag. You must make sure to cook down the roux so as to get rid of that "flour" taste.
2. Gradually add the stock, bring to a boil stirring constantly. Reduce heat and simmer for 30 minutes, stirring occasionally. If sauce isn't the brown color you desire, add a little Kitchen Bouquet.

Makes about 1 cup. An easily doubled recipe, this sauce can also be frozen and defrosted ready to enrich other sauces.

AIOLI SAUCE

When making mayonnaise* put 6-8 cloves chopped garlic in the blender with the egg, at the beginning.

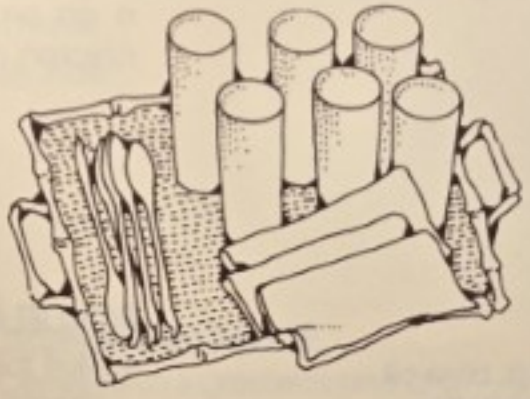
Excellent with cold fish and beef.

* *See Index.*

BARBEQUE SAUCE

- 2 tbsp. butter
- 1 medium onion, chopped
- 2 C. tomato catsup
- ½ C. brown sugar
- ½ C. water
- ¼ C. vinegar
- 2 tbsp. lemon juice
- ¼ C. Worcestershire
- Onion salt, salt, pepper, Tabasco® to taste
- 3 tbsp. good soy sauce

1. Melt butter and sauté onions until soft. Add catsup. Combine brown sugar and water until smooth and add to the sauce.
2. Add all other ingredients and bring to a boil. Reduce heat and simmer for about one-half hour. Refrigerates or freezes well. Makes 3 cups. You may want to try an ounce of bourbon whiskey added to the sauce. Very good for basting chickens.



BERNAISE SAUCE

¼ C. tarragon vinegar
¼ C. white wine
1 tbsp. green onions, chopped
2 tbsp. minced fresh or 2 tsp. dried tarragon
Salt and white pepper to taste
4 egg yolks, beaten and at room temperature
2 sticks butter at room temperature, each cut in thirds
Parsley and fresh or dried tarragon for garnish, if desired

1. Combine vinegar, wine, green onions, tarragon, salt, and pepper and cook over medium heat until liquid is reduced to about 2 tbsp. Cool and strain into top of enameled or stainless steel double boiler.
2. Add egg yolks to reduced liquid in top of double boiler. Keep top of double boiler over the boiling water and stir with a wooden spoon. Don't lower the top of double boiler into position at any time.
3. When yolk mixture has thickened slightly, add butter, one piece at a time, stirring constantly, until each piece melts and desired consistency is reached.

   Serve at room temperature, not hot. Makes 1¼ cups.

VARIATION: CHORON SAUCE

Whisk 2-3 tbsp. of tomato paste into Bernaise. This is wonderful with broiled or grilled fish.

TIP: After frying chicken, pour all but about 1 tbsp. fat off, blend in 1 or 2 tbsp. flour and slowly pour in 1 cup milk or light cream. This is an old-time gravy. Delicious on fried chicken, mashed potatoes or rice.

BORDELAISE SAUCE

2 tbsp. olive oil
½ stick butter
6 cloves garlic, pressed
Salt and pepper to taste
Finely chopped parsley, for garnish

1. Melt the butter with the olive oil and add remaining ingredients. Heat thoroughly.

An excellent sauce for spaghetti, steaks or chicken, or for making garlic bread.

BROWNED BUTTER (BEURRE NOIR)

¼ C. butter
Chopped parsley, optional
Fresh lemon juice, optional
Salt and pepper to taste

1. Over low to medium heat, heat butter until it is a medium dark brown.
2. Remove from heat immediately. Be careful not to burn the butter!
3. Add salt and pepper, and if desired, a bit of chopped parsley and/or a little lemon juice.

Wonderful with chilled fresh artichokes, great over steaks and divine over fresh asparagus!

CHASSEUR SAUCE

1 lb. mushroom stems, thinly sliced
4 tbsp. butter
Salt and black pepper to taste
3 green onions, chopped
½ C. white wine
1 C. brown sauce*
3 tbsp. tomato sauce
½ tsp. dried tarragon leaves
1 tsp. fresh parsley, chopped

1. Melt butter in a saucepan and add mushroom stems, salt and pepper. Sauté until golden and add green onions and white wine. Cook until reduced about one half.
2. Slowly stir in brown sauce, tomato sauce, tarragon leaves and parsley, blend all ingredients well.

A very good addition to poultry, game or red meat.

* *See Index.*

HORSERADISH SAUCE

½ C. mayonnaise
¼ C. sour cream
¼ C. whipping cream (unwhipped) or Crème Fraîche*
2 tbsp. horseradish or to taste
1 tbsp. lemon juice
Salt, pepper to taste

1. Combine all ingredients and chill.

Delicious on smoked turkey, crab meat or poached fish.

* *See Index.*

COLD TARTARE SAUCE

2 C. mayonnaise*
6 chopped green onions
2 tbsp. chopped pickles, sweet or sour
2 tsp. lemon juice
1 tbsp. prepared yellow mustard
1 tbsp. chopped parsley
Salt, black pepper, Tabasco® to taste
Few tarragon leaves, optional
1 tbsp. sour cream

1. Combine all ingredients and mix well, refrigerate. Serve with fried seafood. Yields about 2 cups.

* *See Index.*

CRÊME FRAÎCHE

1 C. heavy cream
1 C. sour cream

1. Whisk cream and sour cream together in a bowl. Wrap and let "sit" until it is thickened. The time depends on the temperature. In cold weather it takes longer.
2. Cover well and refrigerate for about two hours. It will be ready to use in sauces and gravies. The mixture will keep in the refrigerator.

If you are using the Crême Fraîche for desserts, take out desired amount and add some granulated, white sugar. Makes 2 cups.

CREOLE TOMATO SAUCE

2 tbsp. olive oil
1 tbsp. margarine
1 large onion, chopped
3 cloves garlic, finely chopped
½ green pepper, chopped
6-oz. can tomato paste
16-oz. can tomatoes
2 large tomatoes, peeled and chopped
3 fresh basil leaves, chopped
1 bayleaf, crumbled
¼ tsp. thyme
¼ tsp. powdered cloves
1 tsp. salt
½ tsp. black pepper
½ C. chicken or beef stock*
½ tsp. sugar
2 tbsp. fresh parsley, chopped

1. In a heavy pot, heat oil and butter and sauté onions, garlic and green pepper until tender. Add tomato paste and "fry down" over medium heat. Stir and cook out the heavy tomato flavor — about 15 minutes.
2. Drain tomatoes, reserve juices and add both canned and chopped fresh tomatoes, basil, bayleaf, thyme, cloves, salt and pepper and stir for about 10 minutes. Add stock and reserved tomato juices and cook, covered, over a low fire for about 40 minutes — stirring occasionally. Sauce will be thick and can be thinned as desired with more stock, water or tomato juice. When sauce is done add sugar and parsley. Makes about 4 cups.

You can use this sauce over chicken, for lasagna and many different delicious dishes — including baked red fish.

TIP: To peel tomatoes, plunge them briefly into boiling water, remove and skin comes off easily.

* *See Index.*

CURRANT JELLY SAUCE

1 C. Quick Brown Sauce*
¼ C. currant jelly
1 tbsp. sherry or lemon juice
Grated orange rind
Salt, black pepper to taste

1. To a cup of brown sauce stir in and dissolve the currant jelly. Add the sherry or lemon juice, grated orange rind, salt and pepper.

This is especially good over ducks, dove or cold roast that you may be serving as a "left-over".

* *See Index.*

CURRY PAN SAUCE

Pan juices from roast, baked chicken or Rock Cornish hens
1 small onion, chopped
¼ C. flour
1 tbsp. curry powder
2 C. chicken stock*
½ C. heavy cream
2 tsp. lemon juice
Salt, pepper and Tabasco®

1. Skim off excess fat from pan juices and add onion, cook until soft. Add flour and cook 2-3 minutes, then add curry.
2. Gradually add stock and boil while stirring and reduce heat to simmer for 5 minutes. Add the cream and simmer again. Stir in the lemon juice, salt, pepper and Tabasco. If you like curry you'll love this easy, tangy pan sauce.

* *See Index.*

DILL SAUCE

1 C. Cream Sauce*
1 tsp. chopped fresh dill
Salt, white pepper and nutmeg to taste
2 tsp. lemon juice
¼ C. warm white wine

1. In a sauce pan, add the dill to the cream sauce. Salt and pepper to taste and add a dash of nutmeg. Simmer for a few minutes.
2. Before serving add the lemon juice and the white wine. Especially good over fish or in a crawfish dish.

* *See Index.*

TIP: In making cream sauces, when you add the milk or cream be sure the liquid is warm. It makes a much smoother sauce.

GLAZE FOR POULTRY, GAME OR PORK

1 tsp. curry powder
1 C. apricot preserves
1 tbsp. fresh lemon juice
½ C. dry sherry
1 tbsp. grated orange peel
2 tbsp. soy sauce
2 tbsp. dry mustard

1. Combine ingredients and mix well.

Use for basting during cooking time. If cooking time is 3-4 hours, use during last 2 hours.
Try this when barbecuing chicken or sausage!

HOLLANDAISE SAUCE

1 stick butter
2 egg yolks
Juice of 1 lemon
Salt and white pepper, to taste
Parsley, for garnish

1. Have all ingredients at room temperature.
2. Divide butter into 3 parts.
3. Place 2 yolks, lemon juice, salt and pepper in top of enameled stainless steel double boiler. Have an inch or two of water boiling in the lower part.
4. Hold the top of double boiler over the steam and stir with a wooden spoon. Don't lower top into position at any time.
5. Stirring constantly; add butter, piece by piece, melting each piece before adding another. Stir over the steam until it reaches the desired consistency. Makes 5-6 servings.

Serve at room temperature, not hot!

VARIATION I: Just before serving, stir in 1 or 2 stiffly beaten egg whites.

VARIATION II: Combine 2 parts Hollandaise with 1 part sour cream. This keeps longer.

VARIATION III: Whip ½ cup whipping cream and fold into Hollandaise.

TIP: MICROWAVE HOLLANDAISE

In a glass measuring cup melt ½ stick of butter in a microwave oven. Whisk 2 egg yolks, 1 teaspoon dry mustard, 2 tablespoons milk, 2 tablespoons lemon juice and salt to taste. On slow cook speed, the sauce is to be cooked one minute, stopping every fifteen seconds to whisk again.

HOT HORSERADISH CREAM SAUCE

1 C. Basic Cream Sauce*
1½ tbsp. well-drained prepared horseradish
½ tsp. dry mustard

1. To the cup of cream sauce add the horseradish and the mustard. Simmer gently for 2-3 minutes.

This is delicious with baked brisket, corned beef or lamb.

** See Index.*

HOT TARTARE SAUCE

1 C. White Cream Sauce*
¾ C. mayonnaise*
1 tbsp. sweet pickles, finely chopped
2 tbsp. grated onion
1 tsp. chopped parsley
Salt, pepper and Tabasco® to taste

1. In a saucepan with the warm cream sauce, add mayonnaise, pickles, onion, parsley and seasonings to taste. Heat and serve over fried or broiled seafood.

* *See Index.*

LEMON BARBECUE SAUCE

1 stick butter or margarine
Juice of 1 lemon
1 tsp. Worcestershire
1 tsp. yellow mustard
1 tsp. Creole mustard
1 large clove garlic, pressed
Salt, pepper to taste

1. Melt butter and add other ingredients, stirring while heating. Makes about ¾ cup.

This is also delicious for basting, when baking whole or cut-up chicken.

LEMON BUTTER SAUCE

Juice of 1 lemon
1 stick butter, quartered

1. Over medium heat, reduce the lemon juice to about 1 tbsp. Watch this, for it happens quickly.
2. Remove from heat and add butter one piece at a time. If mixture becomes too cold during the addition of the butter, return to heat only briefly, so that the butter melts.

This sauce should remain stiff, but even if it's very liquid, it's delicious. Serve over cooked vegetables or fish. Fresh lime juice may be substituted for the lemon.

LIGHT MUSTARD SAUCE

2 C. whipping cream
2 tsp. parsley
2 tbsp. prepared mustard, or more to taste
Salt and pepper to taste

1. In heavy pot, reduce whipping cream by boiling over medium heat for 3-4 minutes.
2. Add mustard, salt and pepper and parsley.

A wonderful sauce for meats and broiled fish. This may be made ahead and re-heated on low. A versatile sauce, this may be varied in many ways — for instance, if you've just pan fried a steak or chop, pour off most of the grease, pour a little water or wine in the pan and scrape up the drippings, then add the mustard sauce, mixing thoroughly.

MARCHAND DE VIN SAUCE

½ stick butter or margarine
2 tbsp. flour
½ C. finely chopped ham
⅓ C. green onion, chopped
½ C. finely chopped onion
1 tbsp. parsley
⅓ C. chopped mushrooms
2-3 cloves garlic, pressed
Salt and pepper to taste
Dash of cayenne pepper
¾ C. beef stock
½ C. dry red wine
1 tbsp. lemon juice

1. Melt butter over medium heat. Add flour and cook until rich, dark brown. Stir constantly.
2. Add ham, onions, parsley, mushrooms and garlic and cook about 8 minutes. Add salt, pepper and cayenne pepper while cooking. Stir constantly.
3. Slowly add beef stock, wine and lemon juice, stirring all the while.
4. Simmer for 30 minutes.

For a smoother sauce, blend at a medium speed for a few seconds. May be thinned with beef stock or wine.

MORNAY SAUCE

Use the recipe for Basic White Cream Sauce* and add ¼ cup or to taste, grated Swiss, cheddar or Parmesan cheese, or any combination thereof. 1 tbsp. chopped green onion may be sautéed in butter at the beginning.

This sauce is used with eggs, poultry, fish, vegetables and for dishes cooked "au gratin".

* *See Index.*

MUSHROOM SAUCE

½ lb. fresh mushrooms, thinly sliced
4 tbsp. butter
3 tbsp. finely chopped green onion
1 tbsp. lemon juice
Salt, white pepper and Tabasco® to taste
1 C. fish or chicken stock
½ C. heavy cream or ½ Crème Fraîche and ¼ cream

1. In a sauce pan heat 2 tbsp. of butter and green onions to cook about 2-3 minutes. Add mushrooms and stir. Add lemon juice, salt, pepper, and Tabasco.
2. Cook until mushrooms are soft then add stock and cook about 5 minutes. Gradually add the cream, bring to a boil stirring constantly. Put in remaining butter, stir and serve. Good over fish, chicken or vegetables.

MUSHROOM MADEIRA SAUCE

1 lb. fresh mushroom caps, sliced thickly
4 tbsp. butter
Salt and white pepper to taste
2 green onions, finely chopped
⅓ C. Madeira or dry sherry wine
1 C. Quick Brown Sauce*
1 tsp. chopped parsley

1. Melt butter in a saucepan and add mushrooms, salt, pepper and cook until mushrooms are golden brown.
2. Add onions, Madeira or sherry and the Brown Sauce. Heat to a boil; reduce heat, add parsley and cook slowly for 6-8 minutes. Use this sauce with chicken or meats. You can save the mushroom stems and use them in another dish, such as Chasseur Sauce.*

* *See Index.*

MUSTARD GLAZE FOR LEG OF LAMB

½ C. Dijon mustard
2 tbsp. soy sauce
1 clove garlic, pressed
1 tsp. ground rosemary
¼ tsp. powdered ginger
2 tbsp. olive oil

1. Combine mustard, soy sauce, garlic, rosemary, and ginger in a bowl.
2. Beat in the oil by drops.

Coat the lamb with this preferably several hours before cooking.

MUSTARD PAN SAUCE

Pan juices from roast beef or ham
¼ C. flour
⅔ C. white wine
2 C. beef stock*
3 tbsp. Dijon mustard
Worcestershire to taste
Salt, black pepper to taste

1. Skim off fat from pan juices and leave 3 tbsp. in the pan, add flour and cook the roux over low heat. Stir in wine and stock. Boil it for a few minutes.
2. Stir in mustard, Worcestershire, salt and pepper. Cook for another 3 minutes. Makes about 2 cups.

* *See Index.*

ORANGE SAUCE

½ C. orange juice
2 tbsp. grated orange rind
2 tbsp. cognac
2 tbsp. orange liqueur
½ C. orange marmalade
6 tsp. Creole mustard

1. Combine ingredients and heat slightly. Serve warm or at room temperature with duck, goose, game, ham, or pork.

OYSTER SAUCE

1 C. Basic White Cream Sauce*
¼ half & half cream
½ C. fish stock*
1½ tbsp. butter
6-8 small oysters in their own liquor
Salt, pepper and Tabasco® to taste
1 tbsp. Crème Fraîche*

1. In a saucepan add to the cream sauce, the half & half and the fish stock — whisking constantly. Cook just a little and stir in butter and oysters cut in half. Cook another 2-3 minutes and add salt, pepper and a little oyster liquor, Tabasco and Crème Fraîche. Blend well.

A subtle sauce that's great over poached or baked fish or with pasta. Makes 2 cups.

TIP. Shrimp and shrimp stock can be substituted.*

* *See Index.*

Tabasco® is a liquid pepper seasoning made in Louisiana from sun ripened peppers that are aged naturally in wood to develop a unique aroma and flavor.

STEAK SAUCE

10 tbsp. butter or margarine
6 tbsp. Dijon mustard
6 tbsp. Worcestershire
2 tbsp. fresh lemon juice
1-2 cloves garlic, pressed, optional
Tabasco,® to taste
Finely chopped parsley, for garnish

1. Melt butter and add other ingredients. Do not boil. Serve hot, over your favorite steak.

VÉRONIQUE SAUCE

2 tbsp. butter
1½ tsp. lemon juice
2 tbsp. flour
1 C. chicken or fish stock*
2 egg yolks
Salt, white pepper, Tabasco® to taste
½ to ¾ C. seedless green grapes, halved

1. In an enameled saucepan cream butter and lemon juice and add flour stirring for a few minutes until blended. Stir in stock slowly and cook, constantly stirring (a whisk is good), until sauce starts to thicken.
2. Remove from fire and beat in two egg yolks one at a time. Season with salt, white pepper, and Tabasco and add the grapes. Makes about a cup.

Excellent over baked or poached chicken or fish.

* *See Index.*

MEATS, POULTRY
AND GAME

MEATS, POULTRY AND GAME — Bayou Banquet® recipes provide you with that perfectly cooked roast, superbly sautéed veal chop or poultry and game beautifully merged with spirits and vegetables. With these recipes we suggest experimentation with your individual substitutions of seasonings, vegetables and meats. For instance, use chicken in place of pork or veal and game for beef. Have fun when you cook and surprise your family and guests!

ABBEVILLE BEEF STEW

2 lbs. stewing beef, cut and dredged in flour. Using tender cuts, reduce cooking time and stock.
4 tbsp. bacon grease
4 tbsp. flour
1 medium onion, chopped
3 green onions, chopped
½ green pepper, chopped
2 cloves garlic, minced
4 tbsp. chopped parsley
6-7 C. beef stock*
Salt and pepper, to taste
4 carrots, sliced
2 large or 4 small potatoes, cut up

1. Brown meat in 2 tablespoons bacon grease. Remove from pan after browning and set aside.
2. Add the other 2 tablespoons of bacon grease to pan and brown the flour in this. Add onions, green pepper, garlic and parsley and sauté until tender.
3. Add stock, meat, season with salt and pepper and simmer for 2 hours. Add the carrots and potatoes during the last 30-40 minutes of cooking. Thin gravy with a little stock or water, if needed.

Serve over rice or noodles. This is a versatile recipe and good for experiments. Try adding some chopped fresh tomato or mushrooms — a little red wine! Bon appetit!

This recipe can also be made with one veal shank or two short ribs per serving or with lamb or veal.

* *See Index.*

BAYOU BOILED BEEF

1-2 tbsp. cooking oil
4-6 lbs. brisket or boneless chuck
2 stalks celery, cut in large pieces
1 large onion, quartered
2 cloves garlic, minced
A few sprigs of parsley
3-4 carrots, cut in large pieces
2 potatoes, quartered
Salt and pepper, to taste
Catsup and horseradish

1. Brown meat quickly in oil. Place meat in a large pot with water to cover. Bring to a boil and then reduce to simmer. Let it cook for a few minutes and skim off any foam that comes to the surface.
2. Add celery, onion, garlic and parsley, salt and pepper and continue to simmer for 2-3 hours or until meat is tender. Add the carrots and potatoes during the last 45 minutes of cooking.
3. Remove meat and vegetables to a hot platter and serve hot!

This makes a whole meal and is delicious with hot French bread and a salad. Make a sauce of catsup combined with a little horseradish, to accompany the meat or with Pepper Jelly LaBlanche.*

* *See Index.*

PEPPER JELLY LE BLANCE FOR MEATS

6 sweet red or green peppers
2 or 3 large hot red peppers
6¾ C. sugar
1 C. vinegar
¾ C. water
6-oz. bottle liquid fruit pectin
green or red food coloring, optional
Jelly jars and paraffin

1. Grind sweet red or green peppers and the hot peppers separately, reserving all juices. Drain pulp well. Strain the pepper juices.
2. In a large sauce pan, combine 1½ cups sweet pepper juice and ¼ cup hot pepper juice, add sugar, vinegar and water. Bring to boiling and add pectin. Boil vigorously 1 minute.
3. Remove from heat and let stand 5 minutes. Add few drops food coloring, if desired. Skim foam and pour into hot, clean jelly jars. Cover with ⅛ inch hot paraffin and seal. Allow to stand 1 week before using. Makes eight ½ pints.

BAYOU COUNTRY SAUSAGE MEAT LOAF

2 lb. ground beef or mixture of pork, veal and beef
Salt, black pepper and garlic salt
1 onion, chopped finely
1 stalk celery, chopped finely
1 tbsp. parsley, chopped
1 egg, beaten
½ C. fresh bread crumbs
1 large rope sausage
½ C. grated mozzarella or Monterrey Jack
½ C. orange marmalade
2 tbsp. Dijon style mustard
2 tbsp. brown sugar
4 tbsp. Madeira wine or water
1 tbsp. soy sauce

1. In a large bowl, combine meat with salt, pepper, garlic salt, onion, celery, parsley. Mix well, by hand. Add egg and bread crumbs and continue to mix. Form meatloaf in an oblong baking pan. In the center of the loaf, dig out meat and encase the sausage with cheese sprinkled around and over it in the meatloaf. Make sure sausage is covered well. Bake in a preheated 350° oven for about 45 minutes.
2. In a large measuring cup combine marmalade, mustard, sugar, Madeira and soy sauce. Pour into a pan and heat until smooth. Pour over meat and cook another 15 minutes. Add a little water or Madeira wine when done, if you want extra liquid. Serves 6-8.

You can omit the sausage and make a regular meatloaf. If you prefer, you can substitute Creole tomato sauce for the glaze or perhaps a Madeira sauce with mushrooms.

2-3 lbs. beef stew meat
¼ C. flour
2 slices bacon, cut in pieces
8 small onions
2 cloves garlic, minced
Salt and black pepper
1 bottle red wine
1 bay leaf, crumbled
3 sprigs parsley
2 whole green onions
½ lb. mushrooms
1 tbsp. tomato paste
1 tsp. sugar

BEEF BOURGUIGNON

1. Put flour in a paper bag and put beef pieces in. Shake them well to coat them with the flour.
2. Fry bacon in a large Dutch oven type pot. When it is brown, remove and add the onions and garlic to brown them also. Remove and set aside.
3. Toss in the meat and brown it well. Add salt and black pepper. Put bacon and onions back into the pot. Add enough red wine to cover the meat. Throw in the bay leaf, the parsley sprigs and the green onions. Cover and simmer for 1 hour, stirring occasionally. If more liquid is needed, add more wine.
4. Wash mushrooms and add them whole. The tomato paste should be blended in at this point. Cover and cook slowly for about another ½ hour. Check for additional seasoning. Serves 4-6.

Be sure to buy good heavy beef for this wonderful, rich stew. This can be prepared a day or so in advance of serving. It tastes even better!

Notes

BEEF POT ROAST

5-7 lb. boneless beef chuck—other cuts can be used
Salt, black pepper and garlic salt, to taste
3 tbsp. flour
2½ tbsp. cooking oil
2 tbsp. margarine
2 large yellow onions, coarsely chopped
1 green pepper, coarsely chopped
3 cloves garlic, minced
2 stalks celery, chopped
4 C. beef stock or bouillon cubes* dissolved in water
2 C. red wine
1 tbsp. Kitchen Bouquet or beef extract, if needed
2 sprigs parsley
1 whole green onion
4 carrots, whole
4 potatoes, peeled and quartered
2 tbsp. coarsely chopped parsley

1. Season the meat with salt, pepper and garlic salt. On a piece of paper, spread the flour evenly. Dredge the meat in flour. In a large heavy iron pot, heat the oil. Brown the meat well on all sides and remove. Set aside.
2. Add margarine to the drippings and put in onion, pepper, garlic and "fry down" for about 5-7 minutes, stirring constantly. Add celery and continue to cook and stir over low fire about 10 minutes.
3. Add to the pot the stock and blend well. Bring to a boil and add wine. Reduce heat. If gravy isn't dark enough, add Kitchen Bouquet or beef extract if desired. Throw in parsley sprigs and green onion. Put roast back into gravy; cover and cook over a low fire about an hour, stirring occasionally. Turn beef over from time to time.
4. Scrape whole carrots and add to the pot. Continue cooking about ½ hour.
5. Add potatoes. Remember the potatoes will thicken the "stew pot"; cook for ½ hour.
6. When dish is done, take out the meat. Check gravy for additional seasoning. If the gravy is too thin you can thicken it with cornstarch. Put roast back in the gravy and add chopped parsley. Serves 6-8.

Good over hot cooked rice or noodles and petits pois.

* *See Index.*

TIP: LEFTOVER ROAST

*· Any meat left over from a pot roast can be used to make a daube glace.**

· Cornstarch is an excellent thickening agent when preparing gravies or sauces. In a custard cup, blend the cornstarch with cold water — 1 tbsp. cornstarch to 3 tbsp. cold water — and stir into the mixture.

* *See Index.*

VARIATION: VEAL ROAST

A veal roast can be substituted for the beef in making a pot roast. When using veal, substitute chicken stock for the beef stock.

BOEUF EN CROÛTE

4 lb. beef fillet
1 tsbp. butter
Salt, pepper to taste
1½ C. butter or margarine
4 C. flour
1 tsp. salt
6 tbsp. water
1½ lb. mushrooms, chopped
¼ C. butter or margarine
¼ C. Madeira
½ C. green onions, chopped
½ C. parsley, chopped
1 egg beaten with 1 tbsp. water

1. Preheat oven to 425 degrees.
2. Place meat in a shallow baking pan, rub with 1 tbsp. butter and sprinkle with salt and pepper. Bake 30 minutes, remove from oven, cool then cover and chill overnight.
3. Cut 1½ cups butter in pieces and mix with flour and 1 tsp. salt. Rub mixture with fingers or mix in food processor until you have fine crumbs. With a fork mix in 6 tbsp. water, one tablespoon at a time. Stir until dough clings together. Shape into a ball and chill, covered, as long as four days.
4. Cook mushrooms in ¼ C. butter in a large skillet, stirring, until all liquid has evaporated and mushrooms are just beginning to brown. Add Madeira, green onions and parsley. Boil rapidly until liquid is evaporated. Let cool before using. Can be chilled for one day.
5. To assemble, measure length and width of roast and roll pastry on a floured surface, making a neat rectangle a little more than 5-in. longer and 4-in. wider than the roast. Trim edges and save pastry scraps.
6. Evenly spread mushroom mixture on pastry in a rectangle the same size as roast dimensions. Press mushrooms lightly but firmly with palm of hand to make a compact layer.
7. Center cold roast on mushrooms and gently lift, do not pull, pastry up over length of roast, overlapping edges and pressing edges together to seal. Pinch off any excess pastry so that it is not much thicker than that wrapped around the roast. Gently lift and place seam side down on an ungreased cooking sheet. Roll out excess pastry, cut into decorative shapes and place on top of roast. Cover and chill as long as 6 hours.
8. Preheat oven to 400 degrees. Brush pastry with egg wash and bake 35 to 40 minutes.
9. Loosen from cookie sheet with a spatula, carefully slide onto serving platter. Carve into one inch slices and serve with Bordelaise, Steak or Marchand de Vin sauce.*

* *See Index.*

COUNTRY BARBECUED SALT STEAK

Half a top round, 2" thick
2 lb. rock salt, ice cream salt
2 sticks butter, melted
3 tbsp. Worcestershire
Juice of 2 lemons
Freshly ground black pepper

For this recipe, you will need a double-handled steak grill and a barbecue pit.

1. Build a fire with briquets on the grill.
2. Put salt in a large bowl and add enough water to get the salt wet and a little slushy.
3. Press plenty of pepper onto both sides of the steak. Place steak on one side of the double-handled steak grill. Spread a heavy layer of salt, ¼", over the steak. Place newspaper or paper towels over the salt.
4. Turn the steak in the grill and repeat the salt and paper on the other side.
5. When the briquets are red hot, put the salted steak in the grill, right down on the coals. Cook 12 minutes, each side.
6. Remove from coals. Paper will have burned. Salt will have to be knocked off the steak.
7. Slice steak very thin and on the diagonal.

MEATBALLS WITH FETTUCINI NOODLES

2 lb. good ground meat, mixture of beef and pork
Salt, black pepper and garlic salt
1 C. water
1 egg, beaten
½ C. Italian bread crumbs
Worcestershire
2 tbsp. oil
2 medium onions, chopped
1 small green pepper, chopped
2 stalks celery, chopped
5 cloves garlic, chopped
16-oz. can tomato sauce
6-oz. can tomato paste
Fresh basil
2 tbsp. white vinegar
Salt and pepper
Pinch of sugar
Parsley, chopped
Parmesan or romano cheese, grated

1. Season the meat in a large bowl, add water and egg. Add meat, bread crumbs and Worcestershire. Mix well and roll into balls.
2. In a large heavy pot, heat oil and sauté onions and green pepper for about 5 minutes. Add celery and garlic and continue to cook until almost brown.
3. Add tomato paste and "fry down" to cook out the raw tomato taste. Add in tomato sauce and the vinegar plus some basil leaves. Salt and pepper to taste. Cover and cook down over low heat ½ hour.
4. Add the meatballs and continue to cook another hour. When done add a pinch of sugar, check for seasoning and stir in the parsley and some cheese. Serve over fettucini noodles.* Serves 8-10.

* *See Index.*

FETTUCINI NOODLES

1 lb. fettucini noodles
Boiling, salted water with a touch of oil
½ C. soft butter
1 C. heavy cream
Freshly ground black pepper
¼ lb. imported Parmesan cheese, grated

1. Cook noodles in a large pot of boiling water with a touch of oil to prevent noodles from sticking, about 8-10 minutes. Drain well and immediately put them in a large, warm casserole dish.
2. Add butter in chunks to the noodles. Toss gently until butter is melted and coats the noodles well.
3. Add cream — you may need more cream — and a generous amount of ground pepper and toss until cream thickens and clings to the noodles. Add some of the cheese and mix well. You may not need the entire amount of cheese. Serve with the Creole meatballs at once! The fettucini noodles are a last minute operation and a successful one!

SICILIAN-STYLE LASAGNE

1½ lb. ground beef
2 tbsp. olive oil
1 large onion, chopped
3 cloves garlic, minced
6-oz. can tomato paste
8-oz. can tomato sauce
28-oz. can tomatoes, including the juice
1 tbsp. oregano
1 tsp. thyme
1 tsp. sugar
1 tsp. chili powder
Salt and pepper, to taste
½ lb. lasagne noodles
1 pt. riccota cheese
10-12 oz. sliced or grated mozzarella cheese
1 C. grated Parmesan or romano cheese

1. Crumble and brown the ground meat in the heated oil. Remove meat with slotted spoon and set aside. Drain off all but 2-3 tablespoons of the grease.
2. Sauté the onion and garlic in the remaining grease until tender.
3. Add the tomato paste and cook slowly 3-5 minutes. Add tomatoes, tomato sauce and seasonings.
4. Simmer for 1½ hours.
5. Cook noodles in large quantity of water. Drain.
6. In a 9 x 13" pan, put a thin layer of overlapping noodles. Put half the riccota cheese on top of the noodles, then half the mozzarella. Sprinkle half the Parmesan or romano on top of that. Repeat layering ending with a thin layer of meat sauce and sprinkle Parmesan or romano.
7. Bake at 350° for 45 minutes. Let stand 5-10 minutes before cutting. Serves 8-10.

CREOLE MEAT SAUCE FOR SPAGHETTI

- 2 tbsp. olive oil
- 2 lbs. ground beef
- 1 large onion, chopped
- ½ green pepper, chopped
- 4 cloves garlic, pressed
- 4 tbsp. parsley, chopped
- 2 (6-oz.) cans tomato paste
- 2 (8-oz.) cans tomato sauce
- 5 C. water
- 1-2 tbsp. oregano
- 1 tsp. thyme
- 1 tsp. sugar
- 3 bay leaves
- Salt and freshly ground black pepper, to taste
- Tabasco,® to taste
- ¼ C. Parmesan cheese
- Sautéed fresh mushrooms, or canned mushrooms, optional

1. Crumble and brown the ground meat in the oil. Remove meat from pan.
2. Add onions, green pepper, garlic and parsley to pan and sauté slowly, 5-8 minutes, until tender.
3. Add tomato paste and sauté slowly until it darkens somewhat.
4. Add tomato sauce and water and season with oregano, thyme, sugar, bay leaves, salt, pepper, and Tabasco.
5. Cook over low heat, uncovered 1½ hours.
6. Add cheese and mushrooms, if desired, and cook ½ hour more.
7. Remove bay leaves and serve over spaghetti.

IRISH CHANNEL CORNED BEEF AND DILL CABBAGE

1-3 lb. corned beef
Celery leaves, carrot and onion
4 tbsp. apricot preserves or orange marmalade
4 tbsp. brown sugar
3 tbsp. Creole or Dijon style mustard
1 large cabbage, quartered
2 C. chicken stock*
2 tbsp. butter
1 tbsp. dill seed
Salt and pepper, to taste

1. In a large pot, cover the corned beef with water — read the directions on the package — add celery leaves, a carrot and an onion, cut up. The corned beef you buy today, usually comes in a package and it includes the seasonings. Simmer, covered for 2-3 hours. Do not boil!
2. When done remove the corned beef and place it in an oven proof pan. Mix preserves, sugar and mustard together and spread over the meat to make the glaze — coat it well. Bake for about 20 minutes at 350 degrees.
3. Quarter the cabbage and put it into a separate pot with the butter and dill seed. Cover and cook for about 15-20 minutes or until done.
4. On a platter, place the corned beef and surround it with the cabbage which you have removed from the pot with a slotted spoon. If you like potatoes with this dish, you can cook whole, unpeeled potatoes in the corned beef water and add to the platter. Drizzle a little butter over the cabbage and season to taste. Be sure to have some corn bread. Serves 4.

* *See Index.*

TIP: CREOLE CORNED BEEF

Place corned beef in water to cover and add one bag of crab boil. Bring to the boil and simmer 2 to 3 hours until done. During the last 45 minutes of cooking add potatoes and cabbage. Serve hot or cold.

LORANGER MARINATED FLANK STEAK

1½ lb. flank steak
3 tbsp. chopped green onions
1½ tbsp. soy sauce
2 tbsp. olive oil
½ tsp. thyme
Juice of ½ lemon
Salt, pepper, Tabasco,® to taste

1. Marinate the flank steak in the combined remaining ingredients for several hours, preferably overnight. Turn the steak several times during this period.
2. Preheat the broiler.
3. With broiler pan at highest position broil steak 3 minutes on each side. Baste with marinade.
4. To carve, slice thinly on the diagonal. Serves 4.

QUICK BEEF STRÖGANOFF

1½ lb. beef filet or other tender cuts
2 tbsp. butter
1 tbsp. good cooking oil
2 tbsp. chopped green onion
¾ lb. sliced fresh mushrooms
¼ C. Madeira, vermouth or dry white wine
1 C. warm sour cream
Salt and pepper, to taste
2 tbsp. tomato sauce, optional

1. Cut beef into thin strips.
2. Heat butter and oil and sauté the beef a few pieces at a time, 2 to 3 minutes on each side. Remove beef to a hot platter.
3. Add onions and mushrooms to the skillet and sauté for 4 to 5 minutes. Return beef to skillet, season with salt and pepper.
4. Add wine, sour cream and tomato sauce to skillet and heat but do not boil. This is also a wonderful way to use leftovers. Serve with noodles.

INFORMATION: Ströganoff was court cook to Catherine the Great of Russia who encouraged the adaption of French cooking. And so, a simple sauté de boeuf, with the addition of a soured cream, became Beef Ströganoff.

SMOKED BRISKET ÉTIENNE

1 brisket, any size
Lemon pepper seasoning
Salt
Hickory sticks
10 lb. charcoal briquettes

1. The night before, rub the brisket heavily with lemon pepper seasoning and salt. Let it marinate all night in the refrigerator, covered with plastic or aluminum foil. Put your hickory to soak in water at the same time. Use four or five 1 x 4" pieces.
2. About 6 hours before serving time, start your fire, using 10 lbs. of charcoal briquettes.
3. When the briquettes are all grey, or a little before, put the hickory sticks on the briquettes. Put in a pan filled with water. Place the brisket on the grill and cover the smoker.
4. After a couple of hours, the hickory smoke will stop, all the hickory having burnt off. Remove the brisket, put in a large roasting pan, cover it immediately and very tightly with foil and put it in the oven at 325 degrees. Check it in an hour or so for doneness: pierce with a skewer, and when the juices run clear, it's done. The time varies with the size of the brisket, so use your judgment.

This method renders some very tasty gravy. Put the brisket on a platter, fat side down, and slice at a 45 degree angle, starting at the small end.

Notes

ST. CHARLES BEEF TENDERLOIN

1 filet of beef, any size, at room temperature
Garlic
Salt and pepper

1. Preheat oven to 450 degrees.
2. Cut garlic into slivers and make slits in surface of meat. Insert garlic.
3. Rub surface of meat with pepper. Salt after cooking and place in shallow baking pan. Bake 40 minutes for medium rare.
4. Remove roast from oven and let it stand 10 minutes before carving.

Serve with Marchand de Vin Sauce* or Light Mustard Sauce* with an addition of sautéed mushrooms and a little brandy.

*See Index.

TIP: QUICK GRAVY

For quick, good gravy for any roast, remove from pan to a heated platter. De-glaze pan by adding stock or water and scraping up any browned residue from the roast. Add some chopped green onion and cook slowly about 5 minutes.

STEAK AU POIVRE VERT

4-6 beef steaks
Butter
6 tbsp. brandy
½ C. green onions, chopped
2 tbsp. green peppercorns
¾ C. heavy cream or crème fraîche*
1 tbsp. Dijon style mustard
½ tsp. tarragon leaves
Salt, pepper to taste

1. Cook steaks in butter in a heavy skillet to your preferred degree of doneness.
2. Add brandy to pan juices and set aflame shaking pan until flame dies. Remove steaks to a hot platter and keep warm.
3. Add the green onions to the pan and stir over medium heat 2 or 3 minutes until soft.
4. Add drained green peppercorns, cream or crème fraîche, mustard and tarragon leaves and boil on high for 3 or 4 minutes while stirring.
5. Salt and pepper the steaks and pour sauce over. Serves 4 to 6.

*See Index.

STUFFED CABBAGE ROLLS

8-10 lg. cabbage leaves, preferably not dark green ones
1 tbsp. bacon grease
¼ stick margarine
6 green onions, chopped
2 celery stalks, chopped
2 cloves garlic, minced
1 lb. good ground beef
1 C. white rice, cooked
½ C. fresh bread crumbs
1 egg, well beaten
2 tbsp. fresh parsley, chopped
Salt and little red pepper
1-2 C. Creole tomato sauce*
Grated parmesan or romano cheese

1. In a pot, cook cabbage leaves in boiling, salted water for about 5 minutes. Drain and lay them on a towel.
2. In a large skillet, melt bacon grease and margarine and sauté onions, celery and garlic until tender. Add meat and continue to cook.
3. Stir in the rice, bread crumbs, egg, parsley and season with salt and a little red pepper. Mix the stuffing well.
4. To assemble: butter a flat baking dish. Put some stuffing in each cabbage leaf, roll them, secure with toothpicks. Place the rolls close together in the dish. Dot each with a little butter and top with Creole tomato sauce, of any other tomato sauce, and generously sprinkle with cheese. Bake at 350° for about 20-30 minutes.

Can be prepared ahead of time. This dish yields about 6-8 rolls, depending on the cabbage leaves.

* *See Index.*

TIPS: AROUND THE KITCHEN

- *A good mixture of ground meats is a combination of beef, pork and veal. Excellent in preparing a meatloaf or in the stuffing of cabbage rolls.*
- *Remember to save your bacon grease. Refrigerate and use it in sautéeing of seasonings to add special flavor to many of the Creole dishes.*
- *Save your stale bread to make fresh bread crumbs. You can definitely taste the difference, while practicing the art of Creole thriftiness. Ne Gaspillez Pas! Don't waste!*

THE SLIDELL FAVORITE

- 2 tbsp. olive oil
- 2½ lbs. ground beef
- 1 medium onion, chopped
- 1 green pepper, chopped
- 2 cloves garlic, pressed
- 2 (15-oz.) cans chili without beans
- 15-oz. can chili with beans
- 4 oz. cheddar cheese, grated
- 16 oz. spaghetti, cooked
- Parmesan cheese, for garnish

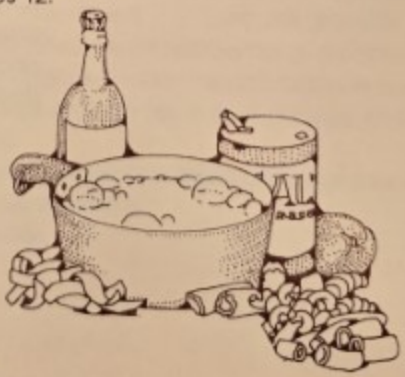
1. Sauté onions, green pepper and garlic in oil over medium heat for 5-10 minutes.
2. Add ground meat and sauté until it is browned.
3. Add chili and cheddar cheese and cook about 5-10 minutes.
4. Combine well with cooked spaghetti and bake at 350 degrees for 30-40 minutes. Serve Parmesan on the side. Serves 10.

UPTOWN MEAT CASSEROLE WITH NOODLES

- 6 slices bacon
- 1½ lbs. ground beef
- ½ lb. bulk pork sausage
- 16-oz. can tomato sauce
- 17-oz. can petit pois, including juice
- 2 (4-oz.) cans mushrooms, including juice
- ½ C. chopped onion
- ½ C. chopped green pepper
- ½ C. chopped celery
- 2 cloves garlic, pressed
- 1 tbsp. Worcestershire
- 1½ lb. sharp cheddar cheese
- 12-16 oz. noodles, cooked

1. Fry bacon. Remove from skillet and pour off all but 2 tablespoons bacon grease.
2. Crumble and sauté ground beef and sausage until cooked. Remove from skillet. Pour off all but 2 tablespoons grease.
3. Sauté onions, green pepper, celery, and garlic until tender. Combine with meat, crumbled bacon, and all other ingredients. Reserve ½ lb. of cheese to sprinkle on top. Place in large casserole and bake 50 minutes at 350 degrees.

Serves 12.



5 C. cooked eggplants, about 2 large eggplants
1 tbsp. good olive oil
1 large onion, finely chopped
1 clove garlic, minced
1 bayleaf, crumbled
1 fresh basil leaf, chopped
1 lb. ground lamb, or beef, but lamb is better
¼ tsp. black pepper
¼ tsp. cinnamon
⅛ tsp. allspice
1 tsp. salt
⅓ C. tomato sauce
⅓ C. fresh bread crumbs
2 tbsp. beef or chicken stock*
1 tbsp. red wine
2 tbsp. chopped, fresh parsley
½ stick butter
3 tbsp. flour
1 C. heavy cream
1 C. milk
¼ lb. Gruyere cheese
Salt, white pepper
Dash of nutmeg
2 eggs, beaten
Parmesan or romano cheese, grated

BAYOU STYLE MOUSSAKA

1. Cook eggplant and drain well! Cut into coarse pieces.
2. In an iron skillet, heat oil and sauté onions and garlic until limp. Add bayleaf, basil, ground lamb and cook for about 5 minutes.
3. Add seasonings, spices, tomato sauce, bread crumbs, stock and vinegar. Stir and cook until excess moisture is reduced. Add eggplant mix, chop and blend the mixture. Sprinkle parsley and fold into mixture. Remove from heat.
4. In an enameled saucepan melt butter, add flour and gradually add cream and milk to make the cream sauce. Put in the cheese and melt. Season and remove from the fire. Add eggs while beating the mixture together. Return to fire, cooking slowly until sauce is thick. Do not boil.
5. In a large oven-proof casserole dish, preferably a 13 x 9" pyrex dish, place eggplant mixture. Top with bechamel sauce and spread evenly. Sprinkle generously with parmesan or romano. Bake in a 325° oven for about 40-50 minutes. Serves 8.

This casserole dish can be made ahead of time. You can freeze the eggplant mixture, if desired, and when ready to use, make the sauce. Serve with a big, green salad, French bread and a carafe of red wine.

TIP: COOKING BY FEELING

A recipe is nothing but a guide to good cooking. Nothing is carved in stone. Some dishes have to be cooked by intuition. The old timers call it "cookin' by feelin'" so fear not. Put on your apron and forge ahead!

NEW ORLEANS STYLE LAMB SHANKS

6 lamb shanks
1 tbsp. butter or margarine
1 tbsp. oil
Flour for dredging
1 medium onion, chopped
3 cloves garlic, pressed
Juice of 3 lemons
4 C. chicken stock*
Salt and pepper, to taste
3 tbsp. chopped parsley

1. Rub lamb shanks with salt, pepper and a little flour and brown in the melted butter and oil in a heavy pan.
2. Remove shanks and add onion and garlic. Sauté slowly until onions are tender.
3. Add 4 cups of chicken stock, lemon juice and parsley, put the shanks back in and cook slowly for about 1 hour until tender.

Serve with plain or fancy rice. Serves 6-8.

* *See Index.*

COUNTRY SOUVLAKIA

1 leg of lamb
1 C. olive oil
1 tsp. ground cumin
1 tsp. dried oregano
2 bay leaves, crushed
Salt and black pepper
2 onions, chopped
1 C. chopped green peppers
4 oz. tomato puree
¼ C. port or Madeira wine
¼ C. vinegar
¼ lemon juice
Pinch of sugar

1. Cut lamb into 1 inch cubes.
2. Combine all other ingredients and add to the lamb in a large bowl. Marinate for several hours or overnight.
3. When ready to serve, put meat on 6 inch skewers and grill quickly over hot coals. You can bake it in a 375 degree oven for 15 minutes, baste with marinade until browned. Serve on a bed of green rice with some sweet and sour sauce on the side.* Makes about 1½ dozen skewers, depending on the size of the skewers.

* *See Index.*

Rack of lamb
Salt, black pepper and thyme
White wine
Beef or veal stock*
Garlic, finely chopped
Butter
New potatoes
Baby carrots
Green beans
Zucchini, sliced
Asparagus
Baby turnips, diced
Bearnaise sauce*

RACK OF LAMB PRINTANIERE

1. Either have the butcher trim and "french" the rack of lamb or do it yourself: take off the heavy outside layer of fat from the rack, leaving only about ⅛" fat cover. Then trim the meat from the tops of the rib bones, leaving about ¾" of lean bone.
2. Season the rack well with salt, pepper and thyme. Brush with butter and put it in a pan just large enough to hold it. 20-30 minutes before you're ready to serve, put the lamb in a preheated 450°-475° oven. Roast in hot oven 15-20 minutes — for medium rare. There are a lot of variables here — ovens vary, the size of the lamb — but you should tend to undercook. You can always continue cooking.
3. When roasted to desired doneness, remove lamb and deglaze pan with white wine. Reduce wine and add the stock and reduce that, too. Put in the garlic and a large lump of butter. Blend all and season with salt and pepper to make the brown sauce.
4. Carve the rack along the rib bones and arrange on a platter with the vegetables around it.

Serve the bearnaise sauce separately.

* *See Index.*

Printaniere, "spring-like" vegetables are the youngest, freshest vegetables you can find. They are traditionaly associated with lamb which used to be best in the early spring. The cooking of them is easy. Assemble all your ingredients, because once the lamb is in the oven, the cooking goes quickly.

Braise the new potatoes, sauté green beans and zucchini or turnips — or whatever you have chosen. Three or four vegetables should make a nice presentation. All of the "primeurs" should be ready for final reheating when lamb goes in the oven.

BASIL JELLY FOR MEATS

6½ C. sugar
2 C. water
1 C. white vinegar
1 C. fresh basil leaves, lightly packed
6 drops green food coloring
6-oz. bottle liquid fruit pectin
Jelly glasses and paraffin

1. In a large saucepan, combine sugar, water, vinegar, basil leaves and food coloring. Bring to boiling, add pectin and heat to a full rolling boil for 1 minute. Remove leaves.
2. Pour liquid into hot clean jelly glasses. Cover with ⅛ inch hot paraffin. Seal. Makes seven ½ pints.

TIP: FRESH HERBS

Herb gardens are a delight! Basil is quite easy to grow in the southern zone. Good with tomatoes, basil is also excellent in its preparation of some pasta dishes.

BATON ROUGE FANCY PORK CHOPS AND CABBAGE

8 oz. whipping cream
1 head cabbage
1 medium onion, chopped
1 large apple, chopped coarsely or thickly sliced
1 tbsp. cooking oil
6 pork chops
1 C. white wine
1 tbsp. sage
1 clove garlic, pressed
Romano or parmesan cheese
Paprika
Salt and pepper, to taste

1. Combine the cabbage, whipping cream, onion, apple, salt and pepper and cook over low to medium heat until tender.
2. Cook pork chops in oil and garlic. Remove pork chops from skillet and sprinkle in the sage.
3. De-glaze skillet by pouring in the wine and scraping up any brown particles from the chops.
4. Add cabbage mixture to skillet, mix well and cook 1 minute.
5. Put a layer of cabbage mixture on bottom of baking pan, a layer of pork chops and finish with a layer of cabbage. Sprinkle top with cheese and paprika. Bake at 350 degrees for 30 minutes. Serves 4-6.

ORIENTAL BARBECUED SPARERIBS

3 lbs. spareribs
4 green onions, coarsely chopped
4 cloves garlic, pressed
3 tbsp. chili sauce
3 tbsp. tomato catsup
4 tbsp. soy sauce
Water
2 tbsp. corn syrup
Salt, Tabasco®

1. In a broiler pan put 2-3 cups water, the ribs and cover with foil. Cook at 325 degrees in the oven for about 40-50 minutes.
2. Combine all other ingredients for a sauce to baste the ribs. Heat well.
3. Place the ribs on the barbeque pit and continue to cook and brown them, basting and turning the ribs frequently. As an alternate you can finish cooking the ribs in the oven, uncovered at 375 degrees basting with the sauce.

Spareribs are always juicier if you steam or boil them before barbequing or baking.

TIP: SPARERIBS WITH SAUERKRAUT

Spareribs are delicious cooked with sauerkraut. Preboil the ribs separately and add them to the sauerkraut pot, which contains water, sautéed onions, some caraway seeds, and a clove or two. Cook them covered on top of the stove or in the oven for about 1½ hours on a low fire. Serve this with hot cornbread on the side.

Notes

PANÉED PORK CHOPS

6 medium sized pork chops
Salt, pepper and garlic salt
⅓ C. flour
½ C. bread crumbs
1 egg, beaten
⅓ C. milk
1 C. cooking oil

1. Season pork chops with salt, pepper and garlic salt.
2. On a piece of waxed paper, place flour on one end and bread crumbs on the other. Prepare "egg wash", a combination of beaten egg, milk and salt and pepper.
3. Coat pork chops in flour, then dip into the egg wash, then in the bread crumbs. Set aside on a plate.
4. Pour oil in heavy iron skillet and heat the oil until hot for frying. Add pork chops and fry. Don't crowd the skillet. Time depends on the size of the chops, turn once.
5. Remove chops with slotted spoon and place on paper towels to absorb grease. Serve immediately with hot mustard as a good accompaniment. Serves 4-6 depending on the size of the chops and the size of the people!

TIP: PANÉED VEAL OR BEEF

Panéed veal or beef is delicious. Cut up veal or beef rounds into 3 inch pieces, pound and prepare in the same manner as panéed pork chops. Put some parmesan cheese on top after frying. Serve with green peppers which have been cut in fat strips and cooked in a skillet until tender in a little olive oil. If veal is too expensive use turkey breast. It's delicious.

SAUSAGE/CHEESE MOCK SOUFFLE

1 lb. bulk pork sausage
10-12 slices white bread, crust removed
1 lb. Monterrey Jack cheese, grated
6 eggs
2 C. whole milk
Salt, white pepper, Tabasco ' to taste
2 tsp. Dijon style mustard
1 tsp. Worcestershire
4-6 tbsp. melted butter

1. In a skillet, fry the sausage and break it up into pieces. Remove with a slotted spoon drain on paper towels. Blot well to remove excess grease.
2. Grease a souffle or casserole dish with butter. Cut bread into cubes, about ½ inch. Arrange ⅓ of the bread cubes in bottom of dish, then ⅓ of the cheese. Over this put the sausage, half the remaining bread and cheese. Top the whole dish with the last of the bread and press down slightly.
3. In a bowl, whisk eggs, milk, salt, pepper, Tabasco, mustard and Worcestershire. Pour slowly in the dish and sprinkle remaining cheese on top. Drizzle butter over the mixture, cover and refrigerate overnight.
4. The next day, allow dish to come to room temperature; put it in a baking pan with hot water reaching ¼ of way up the casserole dish. Preheat oven to 350° and bake about 1 hour to 1 hour 15 minutes or until it is golden brown and set. Serves 6. A simple, one-dish meal that goes well with a big green salad or an apple salad or baked apple.

SAVORY PORK CHOPS AND APPLE RINGS

4-6 good sized pork chops
Salt, pepper and garlic salt
3 tbsp. butter or margarine
½ C. stock or water
½ C. orange juice
1 clove garlic, minced
Pinch of rosemary
Cornstarch
Sherry

1. In a heavy skillet, brown the seasoned pork chops in fat. Remove and add stock. Scrape the pan to blend the stock and the drippings. Add the juice, garlic and rosemary and cook over low heat for about a minute.
2. Transfer chops back to the pan and cook, covered for 30 minutes over a low fire. Baste the chops frequently. You may have to add more liquid.
3. Arrange chops on a warm platter. To the liquid in the pan, add a little more butter and thicken with cornstarch, which has been mixed with sherry. Heat thoroughly and pour over the chops and surround them with the apple rings.

APPLE RINGS

2-3 cooking apples
3 tbsp. butter
Cinnamon
Sugar
Lemon juice

1. Wash, core and cut crosswide into slices about 2 or 3 cooking apples. Heat in a skillet 3 tbsp. butter. Place the apple rings in a single layer and sprinkle them with a combination of cinnamon and sugar. Add a little water to the skillet, cover and cook until tender.
2. Remove cover and brown the rings. If you like lemon juice, sprinkle a little over the tops.

TANGIPAHOA PORK TENDERLOIN BÉARNAISE

2 lbs. pork tenderloin
1 tbsp. cooking oil
1 tbsp. butter
½ C. water
½ C. red wine
Salt and freshly ground black pepper, to taste
1½ C. Béarnaise Sauce*

1. Combine oil and butter in a heavy skillet over medium heat. Add tenderloin and brown on all sides. Sprinkle with fresh ground pepper and salt.
2. Add water and wine to skillet. Cover tightly and cook over low heat 1½ hours until done.
3. Serve with Béarnaise sauce. Serves 8-10.

* *See Index.*

TIP: SIMPLE ROAST PORK

When cooking any pork roast, if you want a delicious flavor without a lot of fuss, simply rub the roast with soy sauce and lemon juice, salt and pepper. Sprinkle some rosemary over all. Set in a preheated 500° oven and bake 25-30 minutes to the pound.

VACHERIE STUFFED PORK LOIN

4 lbs. boneless pork loin, prepared for stuffing
1 tbsp. thyme
1 C. apples, coarsely chopped
1 C. pitted prunes
1 C. dried apricots
1 clove garlic
Salt and freshly ground pepper, to taste
Juice of 1 lemon
1 stick butter
1½ C. Madeira
2 tbsp. molasses

1. Combine the apples, prunes and apricots in a bowl and pour ½ cup Maedira over them. Let them soak about ½ hour, turning occasionally.
2. Preheat oven to 350 degrees.
3. Stuff the roast with fruit mixture. Tie with cotton twine, if necessary.
4. Cut the garlic into slivers, make slits in the roast and insert garlic.
5. Rub the surface of the roast with the lemon juice, the thyme, salt and pepper.
6. Melt the butter and combine with 1 cup Madeira and 2 tbsp. molasses.
7. Set the roast in a shallow baking pan, pour the butter mixture over. Set the pan in the oven on the middle rack and bake for 1½ hours, basting frequently. Serves 8-10.

CAJUN STYLE VEAL POCKET

5-7 lb. veal shoulder roast
Salt and black pepper
1 tbsp. olive oil
2 tbsp. flour
3 slices bacon, chopped
1 tbsp. margarine
1 large onion, chopped
1 garlic clove, chopped
½ C. ham, chopped finely
1 C. mushrooms, chopped finely
10-oz. pkg. frozen chopped spinach, cooked and drained
1 C. fresh bread crumbs, softened with milk
1 egg, beaten
Pinch basil and thyme
¼ C. chopped parsley
Salt and black pepper
½ C. green pepper
½ C. celery, chopped
½ C. green onions, chopped
1 bay leaf, crumbled
Worcestershire
2 C. chicken or beef stock*
1 C. white wine, divided
Flour to thicken
Watercress, optional
Lemon wedges

1. Get your butcher to debone the shoulder roast, thus creating a pocket. Salt and pepper the meat inside and out and rub oil all over the roast.
2. In a large skillet, fry bacon until golden and add margarine. Add onion, garlic and ham and sauté. Add mushrooms, the drained spinach, the softened bread crumbs, egg, basil and a pinch of thyme, parsley, salt and black pepper. Combine ingredients well and cook over low fire for a few minutes to bring the stuffing together.
3. After you have stuffed the pocket, sew or close it with small skewers, such as toothpicks. Close it by tying the roast firmly. Sprinkle flour over the roast after stuffing and preheat oven to 450°.
4. Place meat in an uncovered roasting pan and bake at 450° for 25-30 minutes, to brown it.
5. Meanwhile prepare gravy. Add green pepper, celery, onions, bay leaf and some Worcestershire to the stock.
6. Reduce oven heat to 350°, add the gravy, cover and cook about an additional 15-20 minutes per pound longer. Baste the meat frequently to prevent veal from drying out.
7. When roast is done, remove meat to a platter. On top of the stove, add wine to the gravy and thicken with flour dissolved in a little water, if necessary. Adjust seasoning. Transfer to a "gravy boat".

Garnish meat with watercress and lemon wedges and be sure to slice thinly. Serve with hot rice and a zucchini vegetable dish. Serves 8-10.

ESCALOPES DE VEAU LAFAYE

3 lb. veal, cut into scallops
1 tbsp. cooking oil
2 tbsp. butter
6-8 liver paté, slices
1¼ C. veal stock or water*
½ C. Madeira
1 C. cooked rice
1 bunch green onions
½ lb. fresh mushrooms
Butter
¼ C. bread crumbs
¼ C. parmesan or romano cheese, grated
6-8 tsp. brandy
Salt and pepper, to taste

1. Preheat oven to 350°.
2. Place scallops between two sheets of waxed paper and pound with a heavy wooden spoon or mallet to a thickness of ¼ inch. Salt and pepper the veal and cook in oil, and butter until just barely done — 2-3 minutes, each side. Remove from pan.
3. Deglaze pan with stock or water and Madeira and then reduce this gravy over medium high heat, 5 minutes.
4. Sauté onions and mushrooms in butter.
5. Combine rice, onions and mushrooms and put through the finest blade of a meat grinder, and then combine with cheese and bread crumbs.
6. In a shallow baking pan, place the gravy and veal. Top each piece of veal with a thin slice of paté and then a serving of the rice mixture on top of that. Sprinkle brandy over all. Bake 20 minutes until very hot.

VEAL CHOPS/MUSHROOM SAUCE

1 C. sliced, fresh mushrooms
4 tbsp. butter
2 tbsp. cooking oil
4-6 veal chops or 6-oz. steaks
Salt, black pepper and garlic salt
4 green onions, chopped finely
1 C. white wine
1 C. veal or chicken stock
1½ C. heavy cream
2 tbsp. chopped parsley
Romano or Italian cheese, grated

1. In a saucepan melt 2 tablespoons butter and sauté the mushrooms.
2. In a separate large skillet heat oil. Salt and pepper the chops and cook them in the oil until well browned, about 2-3 minutes on each side. Remove to a warm platter and prepare for the sauce.
3. Add green onions to the meat pan and cook about 3 minutes; add wine and stock, bring to a boil. Cook and continue to stir over high heat until reduced by one half.
4. Gradually add cream and cook over low fire until very smooth. Add mushrooms and a little butter. Check the seasoning. Pour sauce over the chops and top with parsley and cheese. Serves 4.

VEAL PAPRIKA À LA MAISON

- 4 veal cutlets
- Flour
- 2 tbsp. butter
- 1 tbsp. cooking oil
- ¼ C. chopped green onions
- 1½ C. chicken stock
- Salt and pepper, to taste
- ¾ C. sour cream
- 2 tsp. paprika

1. Melt butter and oil over medium heat. Dredge veal in flour and quickly brown in the butter and oil. Remove cutlets from pan.
2. Add onions to pan and sauté until soft. Add stock, return cutlets to the pan and season with salt and pepper.
3. Cover the pot and simmer for 1 hour.
4. Add sour cream and paprika at the end of the cooking time and heat, but do not boil.

Serve with buttered noodles. Serves 4.

TIP: CLARIFIED BUTTER

To clarify butter, melt butter over low heat. Remove from heat and allow to stand for a few minutes. Skim the clear yellow liquid off the top – this is the clarified butter – leaving the milky residue in the bottom of the pan.

VEAL SCALLOPINE À LA MARSALA

- 2½ lbs. veal rounds, cut 3-inches in diameter, ⅜ inch thick
- Salt, black pepper, cayenne
- 1 C. grated parmesan cheese
- 2 sticks butter
- 1½ C. mushrooms, thinly sliced
- 1 tbsp. beef extract
- ⅔ C. hot beef stock, or bouillon cubes dissolved in water*
- ⅔ C. Marsala wine
- Parsley

1. Salt and pepper the veal scallops. Pound them until thin, then dip slices in the cheese. In a large pan, sauté them in melted butter until lightly browned on both sides.
2. In a separate pan, cook the mushrooms in about 3 tablespoons butter, about 3 minutes, until tender. Season them lightly with salt, pepper and cayenne.
3. Arrange the sautéed scallops and juices on a heated platter with mushrooms on top. Put beef extract into hot stock and add to mushroom pan, plus 2 tablespoons more butter. Stir on low fire until sauce is well mixed. Raise heat and cook for 1 minute. While still bubbling add Marsala and cook another minute.
4. Pour the sauce over the veal and mushrooms, add a little more cheese, garnish with parsley and serve over green noodles or hot rice. Serves 6.

* *See Index.*

2 lb. veal cutlets
4 tbsp. butter
2 tbsp. green onions, chopped
1 clove garlic, pressed
1½ C. fresh mushrooms, sliced
½ C. cognac
1 C. whipping cream
2 tbsp. parsley, chopped
Salt and pepper to taste

VIEUX CARRÉ VEAL FLAMBÉ

1. Place veal between two sheets of waxed paper and pound with a mallet until very fine. Cut into squares and sprinkle with salt and pepper.
2. Melt butter in a heavy skillet and brown the veal on both sides. Remove meat to a heated platter.
3. Gently sauté the onions, garlic and mushrooms until tender.
4. Return meat to skillet, add cognac and set aflame. Remove all to hot platter.
5. Add cream and parsley to skillet and heat, stirring constantly. Pour sauce over veal and serve hot. Serves 4-6.

Notes

CAJUN SWEETBREADS WITH NANTUA SAUCE

- 1½ 2 lb. sweetbreads, soaked in cold water for 1 hour
- 4 C. water
- 1 carrot
- 1 onion, halved
- Celery leaves
- Lemon juice
- Salt, pepper
- 6-8 tbsp. butter
- 4 tbsp. flour
- 6 green onions, finely chopped
- 1 C. sweetbread stock
- 1 C. half and half
- 1 C. fresh mushrooms, sliced
- ½ lb. cooked crayfish tails, chopped
- ¼ C. white wine
- White pepper, nutmeg and Tabasco®
- 1 tbsp. parsley, chopped
- 2 tsp. fresh dill, chopped—no substitute

1. Prepare a stock of water, carrot, onion, celery leaves, lemon juice, salt and pepper in a large pot. Boil up, cover and cook for ½ hour over medium flame. Add sweetbreads, reduce heat, cover and cook for about 30-40 minutes. Remove sweetbreads and cool. Strain and reserve stock. This can be done the day before.
2. In a saucepan, make cream sauce by melting 4-5 tbsp. butter and blending in flour over medium heat, stirring constantly. When well blended, add green onions and continue cooking. Gradually add the stock, blending until smooth. Whisk in the half and half. You want a nice, "thickish" sauce.
3. Stir in the mushrooms and continue cooking for about 3 minutes. Add crawfish, finish the sauce with the wine. Adjust the seasonings with salt, white pepper, nutmeg and Tabasco. Remove from fire and add parsley and fresh dill.
4. In a separate skillet, melt remaining butter. Break the sweetbreads into "thumb-sized" pieces, salt and pepper them and lightly brown. When browned, transfer sweetbreads and drippings into a shallow casserole dish, pour sauce over all and toss gently. Just before serving, put dish in a 350° oven until thoroughly hot. Serve the sweetbread dish in individual baked pie crusts or over hot rice. Serves 6.

This is a rich, satisfying dish that is different and very popular!

FOIE DE VEAU SUPRÊME

6-12 sliced calves liver ⅜" thick, with filament removed
Salt and pepper, to taste
½ C. flour
2 tbsp. butter
1 tbsp. oil
½ C. beef stock or bouillon*
¾ C. whipping cream
1 tbsp. Dijon mustard combined with 2 tbsp. soft butter
3 tbsp. parsley, chopped

1. Season liver with salt and pepper and dredge with flour.
2. Heat butter and oil in a heavy skillet, and sauté the liver 2-3 minutes on each side — or until juices run a very pale pink when pricked with a fork. Remove liver to hot platter.
3. Pour stock or bouillon into the skillet and boil down rapidly until reduced by half.
4. Add cream and boil about 1 minute. Remove skillet from heat, add mustard-butter, and parsley, stir well and pour over liver.

Serves 6-8.

* *See Index.*

LANGUES DE VEAU — VEAL TONGUES

2 small veal tongues
Carrots
Onions
Celery leaves
½ lemon
1 bouquet garni
Salt, black pepper and Tabasco® to taste
4 tbsp. cooking oil
1 large onion, chopped finely
3 small carrots, chopped finely
8 mushrooms, sliced
2 beef bouillon cubes
2 tbsp. flour
½ C. hot sour cream
Dash of thyme
2 small gherkins, finely chopped
2 tsp. parsley, finely chopped

1. Clean and wash the tongues and put in a deep pot, cover with water and add next ingredients through the Tabasco. Bring to a boil, skim off the top and reduce heat and simmer for about 2 hours or until tender. Cool and remove tough outer skin. Reserve stock.
2. In a large, heavy skillet, heat the oil and add the chopped onion and carrots and cook very slowly until they are light brown — stirring frequently. Half way through, add the mushrooms. This process takes time — about 15-20 minutes.
3. To the onions and carrots add about 1½-2 cups reserved stock to which you have to add 2 bouillon cubes to strengthen it. Stir and mix well.
4. In a measuring cup, combine flour and hot sour cream. Add them to the onion and carrot mixture and bring to a boil. Reduce heat.
5. Season with salt, pepper and thyme and add parsley and gherkins.
6. Slice the tongue and add to the skillet and cook gently for a few minutes longer. Serves 5. Beef tongue can be substituted.

NEW ORLEANS CALVES LIVER AND BACON

6 slices of bacon
6-8 slices of calves liver, about ½ inch thick
Salt, black pepper and garlic salt, to taste
¼ -½ C. flour
2 large onions, thinly sliced
3 tbsp. butter
½ C. water or chicken stock*
1 tbsp. chopped parsley

1. Fry bacon in a large skillet on top the stove. Remove, blot on paper towel and reserve.
2. Salt and pepper the liver and coat the slices with flour. In the same skillet cook the liver in bacon grease until done. Don't overcook liver as it tends to toughen the meat. Set aside on a plate and keep warm.
3. In a separate skillet sauté the onions in melted butter, until soft.
4. Add ½ cup water to liver drippings to make gravy. Put liver back into the pan, cover with the onions and their drippings, heat and garnish with parsley.

Top with bacon slices, serve with baked grits or macaroni and hot biscuits with jam.* Serves 6.

* *See Index.*

Notes

RIS DE VEAU À LA LOUISIANE

2 lb. sweetbreads
4 C. water
1 onion
Celery leaves
1 carrot
Lemon juice
Salt and pepper
5 slices bacon, cut in small pieces
4 tbsp. butter or margarine
4 tbsp. flour
¼ C. finely chopped onions
¼ C. finely chopped celery
2 C. sweetbread stock
½ C. sliced fresh mushrooms
¼ C. green olives, drained and cut in small pieces
2 tbsp. dry vermouth
Parsley, chopped

1. Wash and soak the sweetbreads for about an hour.
2. Meanwhile, prepare the stock. Bring water, onion, celery leaves, carrot, lemon juice, salt and black pepper to a boil in a large pot. Skim off "fluff" and reduce heat, cover and simmer for about an hour. Transfer the drained sweetbreads to the stock and cook over medium heat for about 15 minutes. Remove the sweetbreads, reserve stock.
3. Allow sweetbreads to cool and remove the membranes, a tough layer of skin covering the sweetbreads, which has been softened by cooking. Break sweetbreads into "thumb sized" pieces.
4. In a large heavy skillet, fry the small bacon pieces until crisp and remove. Sprinkle a tablespoon of flour over the sweetbreads and brown them in the bacon pan about 10 minutes and remove. Set aside.
5. Add the butter to this same pan and stir in remaining flour and make a brown roux — careful not to burn. Stir in onions and cook for about 4 minutes and add celery. Continue to cook and stir over medium heat. When nice and brown, gradually add about 2 cups of the warm stock to make your gravy. Continue cooking until the sauce is smooth, about 5-10 minutes.
6. Add bacon, mushrooms, olives and vermouth and parsley — cook about 3 minutes. Adjust the seasoning.

Serve over hot rice. This dish will feed four "sweetbread lovers" amply, or six ordinary people. The sweetbreads can be prepared ahead of time and reheated before serving.

RIS DE VEAU À LA MOUTARDE

1½-2 lbs. sweetbreads, prepared for sautéeing by soaking and blanching*
½-1 C. flour
2 tbsp. butter
1 tbsp. oil
½ C. beef stock or bouillon*
¾ C. whipping cream
1 tbsp. Dijon mustard, combined with 2 tbsp. soft butter
2 tbsp. chopped parsley

1. Season sweetbreads with salt and pepper and roll in flour. Shake off excess flour.
2. Heat butter and oil in heavy skillet and brown the sweetbreads lightly, 3-4 minutes each side. Remove to a hot platter.
3. Add stock or bouillon to the skillet and boil rapidly to reduce by half.
4. Add cream and boil about 1 minute. Remove skillet from heat, add mustard-butter and parsley, stir well and pour over sweetbreads.

Serves 6-8.

* *See Index.*

ROGNONS MOUTARDE— KIDNEYS WITH MUSTARD SAUCE

2 lbs. veal or lamb kidneys
Salt and black pepper
3 tbsp. butter
¼ C. cognac plus a little water
4 pieces buttered toast
Parsley to garnish
4 tbsp. butter
4 tbsp. flour
2 C. warmed milk
1 tbsp. dry mustard
Salt, white pepper, to taste
A dash of nutmeg

1. Cut kidneys in half, lengthwise and remove fat. Salt and pepper them. In a skillet, melt butter and sauté kidneys, about five minutes on a side. Don't over-cook! Remove and keep warm on a plate.
2. Deglaze skillet by adding cognac with a little water to make a gravy. Put kidneys back in pan and remove from heat.
3. Make a cream sauce* and add mustard. Be sure to make a little paste with the mustard and 2 tbsp. of water to smooth it out before adding it to the sauce. Season to taste.
4. Put the kidneys on toast and spoon over the gravy. Top with mustard sauce and garnish with parsley.

An easy to prepare, last minute dish that is highly underrated and very tasty. Ask your butcher — yes, even in the big supermarket — whenever he cuts lamb or veal, to save you the kidneys.

* *See Index.*

CHEDDAR CHEESE/HAM PUDDING

½ lb. sharp cheddar cheese, grated
2½ C. milk
12 slices bread, crust removed
½ stick butter, softened
½ lb. ham, finely chopped
3 large eggs
1 tsp. dry mustard
Salt, white pepper, Tabasco® to taste

1. In a heavy pan, melt cheese in the milk. Let it cool.
2. Butter the bread and arrange 4 slices, buttered side down, in a buttered 8" baking pan. Top this with half of the ham and make layers with remaining bread and ham, ending with a bread layer.
3. In a bowl, whisk eggs, mustard, salt, pepper and Tabasco. Whisk into the eggs the cheese mixture and ladle this mixture over the bread layers. Let stand, covered loosely, at room temperature for 1 hour or chill overnight.
4. Put baking pan in a larger baking pan with enough hot water to reach ¼ way up the side of the 8" pan. Bake in a preheated 350° oven for 40-50 minutes. Serves 6.

Another easy, one-dish meal for family or friends to enjoy for brunch or Sunday supper. Good with a green salad, sliced Creole tomatoes or a hot fruit dish.

GONZALES TAMALE PIE

16 hot tamales
1-2 C. refried beans
¾ C. chopped onions
½ C. chopped green peppers
1½ C. grated cheddar cheese
1 C. sour cream
½-1 C. crumbled corn chips

1. In an ovenproof dish, layer the ingredients in the order given. Repeat the layers if necessary.
2. Bake at 350 degrees for 30 minutes.

TIP: MUFFULETTA

Another New Orleans creation is this Italian sandwich made with a round loaf of bread and sliced and filled with layers of thinly sliced salami, cheeses, ham – any good cold cuts are acceptable – and olive salad. We recommend that you buy olive salad already prepared, but you can make it. It is a combination of chopped green olives, chopped Greek olives, pickled vegetables, olive oil and chopped garlic seasonings. The juice of the olive salad is really what makes this sandwich so tasty and moist. Of course you can add your own touch – if you love garlic add some minced garlic to the Muffuletta. You can make these ahead of time, wrap them well, and slice them when ready to serve your hungry friends after the Sunday volleyball game. Good with ice cold beer.

TIP: POOR BOY

Strictly a New Orleans tradition, the po'boy as it is called is a giant sandwich made with fresh French bread, a variety of "fillings" and served hot or cold. A hot roast beef is made with warm French bread split lengthwise, "beaucoup" mayonnaise on the bottom layer, shredded lettuce, then slices of very thin meat. Cover this with the good meat gravy and thin slices of tomato and finish covering with the top half of the bread. The secret to making the poor boy is in slicing all the ingredients thinly. Baked ham and Swiss, fried oysters, meatball, are all local favorites. Try a sausage poor boy with melted mozzarella cheese. Now that is real eating! The "meal-in-one" treat is incredibly delicious and incredibly messy.

CHICKEN BISCUIT PIE

2 chickens
2 medium onions, quartered
2 stalks celery, cut in pieces
Salt and pepper, to taste
2 carrots, cut in pieces
1 can cream of celery soup
1 can chicken stock
½ stick butter
2 cans flaky biscuits — not buttermilk — 10 biscuits each

1. In a large kettle, combine chicken, onion, celery and carrots in water to cover and season with salt and pepper. Bring to a boil, reduce heat and simmer until cooked — about 1 hour. Remove chicken and reserve stock.
2. Remove chicken from the bones and cut the meat in bite sized pieces.
3. Melt butter and combine with soup and stock. Set aside.
4. In a buttered casserole, make layers of chicken, topped with thirds of the biscuits. Do this twice, ending with a layer of chicken.
5. Pour butter, soup and stock mixture over all.
6. Top with a layer of whole biscuits. Bake 45 minutes to 1 hour at 350 degrees — until biscuits are brown on top.

CHICKEN BREASTS DUXELLES

8 boneless chicken breasts, skin removed
Fresh lemon juice
Salt and pepper, to taste
3-4 tbsp. butter
½ C. chopped green onions
1 lb. fresh mushrooms, sliced
½ C. chicken stock*
½ C. dry white wine
1-2 C. whipping cream or Crème Fraîche*
4 tbsp. chopped parsley

1. Season chicken with salt and pepper and rub with lemon juice.
2. Heat butter in heavy skillet over medium heat. Add green onions and sauté until tender.
3. Add mushrooms and sauté 2-3 minutes.
4. Add chicken breasts and sauté about 4 minutes on each side. As soon as they are springy to the touch, they are done. Remove to a hot platter.
5. Add stock and wine to skillet to boil down quickly until liquid is syrupy.
6. Stir in cream or Crème Fraîche and boil down again until thickened slightly. Remove from heat, add salt, pepper and a little lemon juice, if needed.
7. Pour sauce over chicken breasts, sprinkle with parsley and serve.

* *See Index.*

CHICKEN CASSEROLE PROVENCALE

2 four pound hens boiled as in preparing stock*
¼ C. olive oil
3 medium onions, chopped
2 green peppers, chopped
3 cloves garlic, pressed
3 (8-oz.) cans tomato sauce
2 (4-oz.) cans mushrooms
½ can black olives, sliced
Salt, pepper and Worcestershire, to taste
Cheddar cheese, grated
12 or 16-oz. noodles

1. De-bone hens and cut meat in bite-size pieces.
2. Sauté onions, green peppers and garlic in olive oil until onions are tender and transparent. Add tomato sauce, and 1 cup stock. Simmer 45 minutes.
3. Add mushrooms, olives, salt, pepper and Worcestershire.
4. Cook noodles in stock and combine with meat and sauce in casserole.
5. Top with grated cheese. Heat ½ hour to 45 minutes at 350 degrees in oven.

Serves 10-12.

* *See Index.*

CHICKEN FRICASEE

1 chicken, cut up and dredged in flour
Salt and pepper, to taste
2 tbsp. bacon grease
½ C. flour
2 green onions, chopped
1 medium onion, chopped
2 tbsp. parsley, chopped
2 cloves garlic, minced
3 C. chicken stock or water*

1. Salt and pepper chicken, then brown in bacon grease. Remove from pan.
2. Add flour to the pan and cook until flour is a dark, rich brown. Add onions, garlic and parsley and sauté until onions are tender.
3. Add chicken stock, return chicken pieces to pot and simmer 45 minutes to 1 hour.

Serve with rice. Serves 4 to 6.

* *See Index.*

CHICKEN MANICOTTI SUPREME

1 package spinach, frozen, defrosted and well drained
8 oz. Philadelphia cream cheese, softened
4 oz. mozzarella, grated
4 oz. cottage cheese
1 egg, beaten
6 green onions, finely chopped
2 fresh basil leaves, finely chopped
2 C. cooked chicken, finely chopped
Salt, white pepper, garlic salt
8-oz. box manicotti shells; 14 shells, 5 inches long
1 lb. ground beef
Olive oil
1 small onion, chopped
½ green pepper, chopped
2 cloves garlic, chopped
6-oz. can tomato paste
15-oz. can tomato sauce
Salt and black pepper
Pinch of sugar
1 tbsp. parsley, chopped
1 C. cream sauce*
3-4 oz. parmesan cheese, grated
Lemon juice

1. Be sure the spinach is well drained. Combine spinach with cream cheese, mozzarella, cottage cheese, egg, green onions, basil — the food processor is good for this. Add the chicken, salt, pepper and the garlic salt. Blend all ingredients well. You can make the filling the day before.
2. Boil the manicotti in salted water with a touch of oil, about 8-10 minutes. Drain and handle carefully so as not to split them. Cool and stuff the pasta with the filling. This filling will generously stuff 10, if you stretch it, you can stuff 14.
3. In a heavy pot, make the meat sauce. Melt a little oil and add the meat, onions, pepper and cook over medium to high heat until meat loses pink color. Add the tomato paste and cook about 10 minutes on reduced heat, stirring frequently. Add the tomato sauce and stir well. Simmer the sauce uncovered for about 20 minutes, continuing to stir. Remove from heat and add salt, pepper, sugar and parsley. This can also be made in advance and freezes well.
4. Make the cream sauce and add parmesan cheese and a little lemon juice. Best made the day on which you serve the dish.
5. In a large, shallow baking dish brushed with butter, place the stuffed manicotti and surround them with the meat sauce — about 2 cups. Top with the parmesan sauce and bake until hot in a preheated oven at 350°. Serves 10.

* *See Index.*

INFORMATION: Manicotti is a type of macaroni — pasta shaped for stuffing. There are many different fillings to be tried — cheese, chicken, shrimp, meat, spinach. Experiment with this Italian dish that will please your family, your guests and your pocketbook.

CHICKEN TETRAZZINI

¼ lb. butter
2 tbsp. flour
2 C. chicken stock*
1 C. half and half
2 tbsp. sherry
¼ C. Gruyere cheese, grated
¼ lb. mushrooms, freshly sliced
½ lb. spaghetti, broken in thirds, cooked in chicken stock and drained
Salt and pepper, to taste
2 C. chicken, cooked and cut in bite-size pieces
¼ C. parmesan cheese, grated

1. Melt half of the butter in skillet.
2. Add flour. Mix until smooth.
3. Gradually add stock, stirring constantly until it reaches the boiling point.
4. Add cream, sherry and Gruyere cheese.
5. Cook over low heat 10 minutes. Season with salt and pepper.
6. Melt remaining butter in skillet, add mushrooms and cook 5 minutes.
7. Add spaghetti into one half of sauce, mix lightly. Pour into buttered casserole.
8. Mix chicken with remaining sauce and pour over spaghetti mixture. Sprinkle with parmesan.
9. Bake at 350° for 30 minutes.

If desired, run under broiler to brown lightly. Serves 8.

* *See Index.*

CHICKEN WITH MUSTARD/CURRY SAUCE

1 chicken, cut up
½ C. honey
½ C. Dijon mustard
2 tbsp. soy sauce
1 tbsp. curry powder
Salt and pepper, to taste

1. Combine honey, mustard, soy sauce and curry.
2. Salt and pepper the chicken and put in baking pan. Pour the sauce over and bake at 350° for 45 minutes to 1 hour, basting frequently. Serves 4-6.

TIP: SMOKED DUCK OR CHICKEN

To smoke duck or chicken, use same method as for smoked turkey. The only variable is the amount of time in the oven which depends upon the size of the bird. Test for doneness by sticking the thigh with a fork. If the juice runs clear, it is done, or jiggle the drumstick to see if the hip joint is loose.*

* *See Index.*

COMPANY CHICKEN CURRY

- 2½ frying chickens
- ½ C. butter
- 2 large onions, chopped finely
- 2 unpeeled apples, chopped coarsely
- Salt and white pepper
- ⅛ C. good curry powder
- ½ C. chicken stock
- 1 can cream of mushroom soup
- ¼ C. wine

1. Chickens can be boiled in advance or the day before. Remove all meat and reserve some of the stock.
2. In a large sauce pan, melt butter and sauté onions and apples until golden. Add salt and pepper. Mix curry powder with ½ cup stock. Add to the sauce pan and blend for a few minutes.
3. Add the soup and the wine to the mixture and continue to blend and cook for about 5-7 minutes. Add the chicken pieces and correct the seasoning.

Serves 8.

An excellent dish for a dinner party or a luncheon. This recipe is easily enlarged. Serve over cooked white or saffron rice with at least 5 of the following suggestions for condiments: shredded coconut; crispy, crumbled bacon; chopped eggs; peanuts; green onions; raisins; orange wedges; chutney; mashed bananas.

COQ AU VIN

- 6 bacon slices
- 1 chicken cut up and lightly dredged in flour, salt and pepper
- 4 tbsp. flour
- 1 bunch green onions, chopped
- 1 clove garlic, pressed
- 2 tbsp. parsley
- 2 C. red wine
- 1-2 C. sliced fresh mushrooms, sautéed in a little butter, optional

1. Fry the bacon and remove from the pan. Drain off all but about 2 tablespoons of the bacon grease.
2. Brown chicken in bacon grease and remove from pan.
3. Add flour to the pan and cook until a dark, rich brown. Add the onions and garlic to sauté about 5 minutes.
4. Add the wine and parsley and return chicken and bacon to the pot. Cook slowly about 45 minutes to 1 hour. Add the mushrooms at the end.

If gravy gets too thick, add a little water or chicken stock. Whole, little "pearl" onions may be used in place of green onions and thinly sliced ham in place of the bacon.

COUNTRY BAKED CHICKEN

1 chicken, whole
½-1 stick butter, melted
Salt and pepper, to taste
1 onion
1 stalk celery
1 carrot

1. Place chicken, which has been salted and peppered, in a baking pan. Rub with butter.
2. Stuff the large cavity of the chicken with the onion, celery and carrot.
3. Bake at 350 degrees for 1 hour to 1½ hours, until done, basting with butter frequently.

This makes a tasty, buttery gravy. Delicious over rice!

CREOLE CHICKEN AND SPAGHETTI

16 pcs. of chicken, dredged with flour
2 tbsp. olive oil
1 large onion, chopped
1 medium green pepper, chopped
6 large cloves garlic, pressed
3 tbsp. parsley, chopped
½ (6-oz. can) tomato paste
8-oz. can tomato sauce
4 C. chicken stock*
1½ tbsp. oregano
1 tsp. thyme
1 tsp. basil
3 bay leaves
1 tsp. sugar
Salt and pepper, to taste

1. Salt and pepper the chicken and brown in oil. Remove from pan.
2. Add onions, green pepper, garlic and parsley to pan and sauté until tender.
3. Add tomato paste and continue cooking until paste darkens some. Add tomato sauce, stock and all other ingredients. Simmer for 30 minutes.
4. Return chicken to the pot and cook 45 minutes to an hour, until done.

Serve with spaghetti. Serves 8 to 12.

* *See Index.*

FRENCH BAKED CHICKEN

3½ lb. young fryer
1 clove garlic, pressed
Salt and black pepper
Paprika
2 tbsp. cooking oil
4 tbsp. butter
½ C. dry vermouth

1. Cut up, wash and dry chicken. Rub with salt, pepper and paprika and pressed garlic clove.
2. Preheat oven to 325 degrees.
3. Put cooking oil in a heavy pan. Add chicken and dot with butter. Bake, uncovered for a half hour, then add vermouth and continue cooking and basting frequently. Cook for additional half hour or so. Try a Chasseur Sauce* for something a little extra. Serves 4.

**See Index.*

IBERVILLE HERB CHICKEN

1 large frying chicken
Olive oil
1-1½ C. white wine
Salt and black pepper
Fresh oregano, marjoram, thyme and basil
Red pepper flakes
3 crushed cloves of garlic
2 chopped green onions
Chopped parsley

1. Section the chicken into 8 serving pieces and brown the pieces well in hot olive oil. When browned, reduce heat and add the wine.
2. Sprinkle the chicken with salt, pepper and fresh herbs. (Dried herbs are acceptable but not half so good.) Add the pepper flakes and the garlic. Cover and simmer slowly until chicken is cooked.
3. When chicken is done, raise the heat and add the green onions. Toss the chicken to coat it with the herbal oil and wine mixture. Sprinkle with parsley and, if you like, more herbs. Serves 4.

TIP: How to tell if the grease is hot. Some swear by putting a kitchen match into the grease, and if the grease is hot enough the match will ignite. Others put a cube of bread into the grease, if it browns in 40-60 seconds, it's time to fry. Trial by fire – experience is always the best teacher.

LEMON-GARLIC CHICKEN

1 chicken, cut up
1 stick butter or margarine
1 tsp. Worcestershire
1 tsp. yellow mustard
1 tsp. Creole mustard
Juice of 1 lemon
2 cloves garlic, pressed
1 tbsp. chopped parsley
Salt and pepper, to taste

1. Melt butter and add all other seasonings.
2. Place sauce and chicken in shallow baking pan — spoon the sauce over the chicken.
3. Bake at 350 degrees for 45 minutes to 1 hour. Baste frequently.

Serves 4-6.

POULET AND PASTA

8 oz. small pasta shells
1½ lbs. cooked chicken breast, in strips
½ lb. mushrooms, sliced
2 stalks celery, chopped coarsely
2 green onions, chopped finely
¼ C. pitted olives, sliced
1 tsp. tarragon leaves
⅛ C. red wine vinegar
½ C. olive oil
Salt and pepper freshly ground
Tabasco®
2 tbsp. parsley

1. Cook the pasta and drain. Toss gently with a touch of olive oil.
2. In a large serving bowl combine chicken, celery, green onions, olives and tarragon leaves. In a measuring cup prepare dressing by blending the vinegar and olive oil. Add the salt, pepper and Tabasco to taste.
3. In a bowl put the pasta and parsley, and drizzle in the dressing. Toss gently but thoroughly. Judge for yourself the amount of dressing to use. Adjust seasoning and serve at room temperature.

Serves 4-6.

Notes

POULET AVEC LEGUMES—CREOLE CHICKEN

6 pcs. chicken, leg quarters or breasts
Salt, pepper, Season All
Tarragon leaves
4 tbsp. flour
½ stick margarine
½ stick butter
2 green peppers, sliced
2 medium onions, chopped
3 cloves garlic, chopped
1 large tomato, cut up
½-⅔ C. red wine
½ lb. mushrooms, whole
Tabasco® and Worcestershire to taste
Chopped parsley

1. Season the chicken pieces and rub some tarragon leaves on them. Dust them with flour. In a large heavy pot, melt margarine and brown the chickens well. Remove and set aside.
2. In same pot, add butter and sauté peppers, garlic and onions for about 3-5 minutes. Put chicken back in the pot, add the tomato and the wine. Cover and cook over medium heat about 20 minutes.
3. Add the mushrooms and continue to cook another 20 minutes or until chicken is good and tender. Check to see if you need more liquid. Adjust the seasonings with Tabasco, Worcestershire, and salt and pepper. Add chopped parsley and serve over hot rice. Serves 4-6.

POULET ORIENTAL

2 chickens, cut up
1 small can pineapple chunks
3½ tsp. garlic powder
½ C. soy sauce
8 oz. brown sugar

1. Arrange cut up chickens in a shallow baking pan.
2. Drain pineapple, reserving juice. Set pineapple aside.
3. Combine juice, garlic powder, soy sauce, and brown sugar. Pour over chicken and marinate in refrigerator overnight.
4. Remove chicken from refrigerator and arrange pineapple chunks on top of the chicken. Allow chicken to come to room temperature.
5. Bake uncovered at 350 degrees for about an hour — basting carefully from time to time.

Remember that soy sauce contains salt so be careful if you are tempted to add more salt. Delicious served with shrimp rice. Serves 6-8.

ROAST CHICKEN/OYSTER STUFFING

1 (4 lb.) chicken
2 tbsp. bacon grease
1 medium onion, chopped
1 bunch green onions, chopped
2 cloves garlic, pressed
2 tbsp. chopped parsley
2 doz. raw oysters
¼ loaf stale French bread, soaked in water and squeezed out
1 tsp. thyme
2 eggs, beaten
Salt and pepper, to taste
Butter
1 chopped green onion

1. Sauté onions, garlic and parsley in bacon grease until tender. Add oysters and chop while they're cooking. Cook about 3 minutes and remove from heat.
2. Add bread and thyme, mix well. Stuff mixture into chicken cavity which has been salted and peppered.
3. Bake at 450 degrees for 10 minutes. Reduce heat to 325 degrees and bake another 1 hour and 20 minutes. Half way through cooking time, add a little butter, water and 1 chopped green onion to the pan and baste with this sauce several times. Serves 4 to 6.

This dressing may also be used to stuff turkey, Cornish hens or quail.

STUFFED CHICKEN BREASTS

4 boneless chicken breasts
½ lb. bulk sausage
6 green onions, finely chopped
2 cloves garlic, pressed
2 tbsp. parsley, chopped
1 C. bread crumbs
Flour
Chicken stock, cream or wine to moisten dressing
Parmesan cheese
1 tbsp. butter or margarine
1 tbsp. cooking oil
1 C. white wine and/or chicken stock*
Parsley, chopped for garnish

1. Preheat oven to 350°.
2. Make a horizontal slit in each chicken breast and open out for stuffing.
3. Crumble and fry sausage. Remove from pan with slotted spoon and set aside. Pour off most of grease.
4. Lightly sauté onions, garlic and parsley in remaining grease. Combine with sausage. Add bread crumbs and a little parmesan cheese. Mix well and moisten with stock.
5. Place a little stuffing in the middle of each opened-out breast and fold breast over. Press the edges together, chicken adheres to itself quite well.
6. Lightly flour, salt and pepper the breasts. Brown them very quickly over medium to high heat in oil and butter. Remove to shallow baking pan.
7. De-glaze pan with a little wine and/or stock. Pour over the breasts. Bake 20 minutes.

* *See Index.*

SUPRÊME DE VOLAILLE AVEC SAUCE CREVETTES

8 boneless chicken breasts, halved
Salt and pepper, to taste
¼ C. butter or margarine
2 tbsp. cognac
2 tbsp. butter
1 green onion, chopped
1 lb. shrimp, peeled and chopped
Juice of 1 lemon
¼ C. parsley, chopped

1. Season chicken with salt and pepper.
2. Melt butter over medium heat until it bubbles.
3. Add chicken breasts – brown and cook them about 4 minutes on each side.
4. Warm cognac, pour over chicken and set aside.
5. Extinguish flame and remove chicken breasts to a hot platter.
6. Sauté green onions in butter for about 2 minutes. Add chopped shrimp, lemon juice and parsley. Cook until shrimp is pink and done. This may be done ahead and kept warm. Pour shrimp and sauce over chicken breasts and serve hot. Serves 6 to 8.

CORNISH HENS WITH WILD RICE STUFFING

1 C. uncooked wild rice
6 Cornish hens
Giblets from hens
3 tbsp. butter
4 green onions, chopped
3 tbsp. chopped parsley
3 tbsp. chopped celery
1 clove garlic, pressed
1-1½ C. chopped mushrooms
1 stick butter, melted for basting, or 12 strips uncooked bacon
Salt and pepper, to taste

1. Cook wild rice to packaged directions. Rinse and set aside.
2. Preheat oven to 450 degrees.
3. Sauté giblets in butter until done. Remove from pan, chop and set aside.
4. Add onions, parsley, celery, garlic and mushrooms to pan and cook slowly about 3-5 minutes until tender.
5. Combine rice, giblets and onion-mushroom mixture. Salt and pepper to taste.
6. Salt and pepper the hens, stuff the cavities and place bacon strips on top, or brush with some melted butter and put remaining butter in the bottom of pan for basting.
7. Plae hens in oven and immediately reduce heat to 350 degrees. Bake 1 hour 20 minutes basting frequently.
Makes at least 6 servings.

10 one-in. pieces bacon
24 doves
Salt and pepper
½ C. flour
3 C. chicken stock*
3 tbsp. red currant jelly
4 tbsp. orange marmalade
3 tbsp. Worcestershire
3 tbsp. soy sauce
3 tbsp. cornstarch
6 orange peels
Chopped parsley garnish

DOVE DOUCEUR

1. Fry bacon in a large Dutch oven type pot on stove top. Remove and set aside.
2. Salt and pepper dove. Put flour in a brown bag, put in dove and shake and coat birds with flour. Brown dove in bacon fat.
3. Add chicken stock, bacon pieces, currant jelly, marmalade, Worcestershire, and soy sauce. Stir ingredients together and cook over low heat until well blended. Simmer for about 20 minutes stirring frequently.
4. Mix cornstarch with cold water to make a paste and add to gravy. If gravy is not brown color add more soy sauce. Remember soy sauce is salty. Continue to cook about 5 minutes and add orange peels. Correct seasoning.
5. Cover when done and allow to sit. When ready to serve heat and garnish with parsley. Serves 8.

Delicious with wild rice or Orange Rice.* The partnership of game and fruit is a savory combination.

* *See Index.*

TIP: BARBEQUED DOVE OR DUCKS

Dove and ducks can be barbequed and be sure to try smoked ducks. Bacon pieces are good to lard the birds with to keep them from drying out. Baste them with a little margarine and Worcestershire. Don't overcook and dry out the birds.

Notes

PLANTATION POT ROASTED DOVE

12 doves
Salt, pepper and red pepper, to taste
Flour
⅓ C. cooking oil
3 medium onions, chopped
½ C. white wine
½ C. chicken stock or water
12 slices buttered, toasted sliced French bread
Parsley to garnish

1. Season doves with salt and peppers inside and out and roll them in flour.
2. In a large Dutch oven type pot, heat oil and brown the doves. Remove birds from pot and set aside.
3. In the same pot, sauté onions in oil until tender. Put in the water, wine and the dove; cover and simmer for about 1 to 1½ hours. Check dove for tenderness with a long fork. Careful not to overcook.
4. When all is ready, top the toasted French bread with the dove and spoon the juices over them. Garnish with parsley. You might want some pepper jelly on the table or perhaps a hot curried fruit dish.

Quail may be substituted but take longer to cook.

BAYOU ROASTED DUCKS

6 large ducks, preferably mallards
Salt and black pepper
1 large onion, cut in six pieces
2 apples, cored and quartered
3 stalks celery, cut in pieces
1 orange, cut in six pieces
½ C. butter, melted
2 tbsp. Worcestershire
Red wine or Madeira, if desired
Watercress for garnish
2 C. Orange Sauce*

1. Salt and pepper the ducks inside and out. Stuff the ducks with the onion, apples, celery, and orange and place them in a large roasting pan. Brown the ducks in a 450 degree oven for about 20 minutes. Remove excess grease from pan and add melted butter mixed with Worcestershire.
2. Reduce heat to 325 degrees and continue to baste ducks with the pan juices every 15 minutes. Cooking time depends on the size of the ducks and how you like them — rare, medium or well done. About 40 minutes for rare, 60 minutes for medium, and 1½ hours for well done.
3. Remove ducks to a warmed platter and, if desired, deglaze the pan with wine and bring to a boil. Halve the ducks and discard stuffing. Pour pan juices over all. Garnish with watercress and serve warmed Orange Sauce in a separate sauce boat. Serves 6.

Serve with Orange Rice or plain wild rice.*

* *See Index.*

CREOLE CASSOULET

2 pkgs. white beans — great northern or navy
1 large onion, chopped
2 large cloves garlic, minced
2 C. celery, chopped
5-lb. duck or goose
2-3 lb. lamb leg or shoulder roast
2-3 C. vermouth
2-3 lb. sausage
16-oz. can tomatoes
½ can tomato paste
2 bay leaves, crumbled
Salt, black pepper and Tabasco,* to taste
Beef broth*
2 C. fresh bread crumbs
Chopped parsley

1. Wash and soak the beans in cold water for an hour. Put them in a large pot with the onion, garlic, celery, salt and water. Bring to a boil, reduce heat and simmer until near done. Set aside.
2. In the oven bake the duck and the lamb. Skin and remove the fat from the duck; take the meat off. Cut into cubes along with the meat from the lamb roast. Deglaze baking pans with ¾ of the vermouth, reserve juices.
3. Slice sausages into rounds and brown in a large skillet. Deglaze pan with the rest of the vermouth. Add the juices from the duck/lamb pans, the tomatoes, the paste and the crumbled bay leaves. Stir and blend all ingredients over a low fire. Add this liquid to the beans. Season to taste and stir well.
4. In a large dutch oven type pot, assemble the cassoulet for baking. Lightly grease the pot and layer the beans, then the meats, the beans, the meats, until all ingredients are used up. Add beef broth to come almost to the top of the beans. You have to judge the amount of liquid. Bake in a preheated oven at 325°, well covered, for about 2-3 hours. It will be necessary to check occasionally. During final ½ hour of baking, remove the lid. A crust will have formed on top. Mash it down with the back of a spoon. 20 minutes before serving remove lid, sprinkle bread crumbs and let them brown — uncovered. Add chopped parsley and bring the dish to the table.

Serves at least 10. Can be prepared ahead of time.

This modified version of the old French baked beans recipe is a hearty meal. Be sure to have a green salad and plenty of hot buttered French bread.

* *See Index.*

DEEP SOUTH CURRIED DUCK

4-6 tbsp. butter
1 onion, chopped finely
1 carrot, chopped finely
1 celery stalk, chopped finely
4 tbsp. good curry powder
½ tsp. chili powder
3 tbsp. flour
2½ C. stock, duck or chicken*
Salt
⅛ tsp. allspice
⅛ tsp. ground cloves
⅛ tsp. nutmeg
⅛ tsp. cinnamon
1 apple, chopped finely
4 tbsp. currant jelly
2 tbsp. chutney, chopped
5 C. cooked duck in bite-sized pieces

1. In a large saucepan, melt butter and sauté onion, carrot and celery until soft and add the curry and the chili powder. Stir and cook for about 3-5 minutes. Mix in the flour and add the stock. Stir until almost boiling.
2. Reduce heat and add allspice, cloves, nutmeg, cinnamon and apple. Allow mixture to simmer for 30 minutes, stirring frequently. Add the currant jelly and the chutney. Finally add the cooked duck. You can boil the ducks in advance and reserve the stock. If gravy is too thick add some stock. Serve with hot rice and side dishes of chopped cooked bacon, eggs, coconut, nuts, green onions or whatever you like with curry dishes. Serves 6-8. Can also be made with chicken or lamb.

* *See Index.*

FALSE RIVER DUCK

8 small wild ducks
2-3 tbsp. butter
2 medium onions, chopped
1 bunch green onions, chopped
2 cloves garlic, pressed
3-4 bay leaves
6 (4-oz. cans) mushroom steak sauce
2 C. chicken stock or water
Salt and pepper, to taste
1 C. red wine

1. Salt and pepper ducks. Place under broiler until browned sufficiently. Set aside.
2. Sauté onions and garlic in butter until tender. Add mushrooms and cook until softened.
3. Add bay leaves, steak sauce and 2 cups water or stock. Stir thoroughly.
4. Add ducks and 1 cup red wine. Simmer 2 hours or until tender. Serve with rice. Serves 6-8.

If large ducks are used, quarter them before browning.

HOUMA POT ROAST DUCKS WITH TURNIPS

2 ducks — mallards, pintails or gray
Salt, black pepper and Creole seasoning
Onion and apple, divided
Celery tops
2 tbsp. bacon drippings
4 tbsp. margarine
4 tbsp. flour
1 onion, chopped finely
1 green pepper, chopped finely
2 garlic cloves, minced
2 C. chicken stock
1 bay leaf, crumbled
1 tbsp. Worcestershire
1 tbsp. Kitchen Bouquet
1 piece lemon rind
6 turnips, quartered
2 tbsp. chopped parsley
Tabasco,® to taste

1. Season the ducks in and out. Stuff with small pieces of onion, apple and celery. Reserve extra onion and apple. Secure the cavity.
2. In a large Dutch-oven melt the bacon grease and brown the ducks on both sides on top of the stove. Remove ducks and discard grease. In the same pot melt the margarine, add the flour to make a brown roux. When roux is desired color add the onions, pepper and garlic and stir — a little more margarine may be added. Stir until almost brown.
3. Gradually add chicken stock and blend all. Add bay leaf, Worcestershire, Kitchen Bouquet and lemon rind. Bring to a boil. Reduce heat and transfer ducks back into pot, cover and simmer for about 2 hours.
4. In the last 45 minutes of cooking, add the turnips and parsley. Continue to simmer. Take the top off and add a generous amount of Tabasco — if you like red pepper.

Serve with rice and good French bread to soak up the gravy. Serves 2-4.

PETITE DUCKS WITH WINE

6 small ducks, preferably teal, cleaned and washed
Salt and red pepper
2 onions, chopped
1 bell pepper, chopped
2 stalks celery, chopped
4 tbsp. flour
Cooking oil or margarine
2 C. burgundy, Madeira or Louisiana orange wine
Parsley to garnish

1. Dry ducks and salt and pepper well, inside and out. Stuff with onions, bell pepper and celery. Sprinkle the ducks with flour. In a large "Dutch-oven" type pot, melt the fat and brown the ducks slowly.
2. After browning, add the wine, cover and continue cooking in a 350 degree oven for about 1½ hours — basting frequently. A word about wine: if you can get the scarce Louisiana orange wine, use it, otherwise whatever you have available will do.
3. Remove the ducks to a warm platter. If so desired add some butter and some currant jelly to the pan juices and cook for a few minutes. Adjust seasoning.

ROAST MANDARIN DUCK

6 lb. domestic duck, dredged with flour
Salt and pepper, to taste
1 C. strong chicken stock*
4 rings pineapple, diced
3 tbsp. butter
1 green pepper, sliced thin
3 tbsp. cider vinegar
3 tbsp. minced preserved ginger
2 tbsp. soy sauce
1 tbsp. cornstarch

1. Preheat oven to 500 degrees. Refer to Roast Goose.*
2. Salt and pepper duck and place in oven for 10 minutes. Reduce heat to 325 degrees and cook for 25 minutes. Remove from oven and drain off the fat. Add the stock to the pan and return to oven. Bake, basting frequently, until tender – about 1½ hours.
3. 10 minutes before done, add diced pineapple to brown. Serve duck with the following sauce:
4. Sauté green pepper in the butter. Add vinegar, ginger and soy sauce. Dissolve cornstarch in 2 tablespoons cold water and add to boiling sauce.

Serves 5-6.

* *See Index.*

SLIDELL SAUTÉED DUCK BREASTS

4-6 duck breasts, sliced thinly
Salt and black pepper
½ stick butter
A little oil
Worcestershire

1. Prepare the duck breasts and season them. In a skillet melt butter and add the breast slices. Cook for a couple of minutes on both sides and remove. Do not overcook. Transfer to a serving dish.
2. Add Worcestershire and a little water to the skillet, stir and heat. Pour over breasts and serve over toast or with Orange Rice or wild rice. An easy way to prepare duck breasts. Save the rest of the duck and make duck gumbo.

SOUTHERN ALMOND DUCK

2 wild duck breasts, skinned and boned
Salt and black pepper
6 tbsp. butter
1 tbsp. Worcestershire
1-1½ C. Sweet and Sour Sauce*
½ C. slivered almonds, toasted
Watercress to garnish

1. Salt and pepper the duck breasts. In a saucepan melt the butter and sauté duck breasts — do not overcook! 15 minutes is maximum time! The breasts are better if slightly rare.
2. Remove breasts to a warm platter and deglaze the saucepan with Worcestershire and a little water. Pour drippings over duck breasts. Then pour over the Sweet and Sour Sauce and top with almonds. You have to judge the amount of Sweet and Sour Sauce you want. Garnish the platter with watercress and serve with green rice and "Stir Fry" Vegetables.* Serves 4.

* *See Index.*

ROAST GOOSE

8 lb. goose at room temperature
Glaze* or Apple/Prune Stuffing* or Apricot/Rice Stuffing*

1. Preheat oven to 450 degrees
2. Pull out all loose fat from the cavity and from around the neck of the goose. Remove fat glands on the back at the base of the tail. Prick the skin all over the bird to allow excess fat to escape.
3. Salt and pepper the goose and stuff it lightly. Place it in a roasting pan, cover and when you put it in the oven, reduce oven temperature immediately to 325 degrees. Baste frequently with pan drippings during cooking.

   Serves 6.

An 8 lb. stuffed goose cooks in about 2½ hours. Test for doneness by shaking the leg — if the hip joint is loose, it is done.

If the goose is not stuffed, it should cook in about 2 hours. Try glazing an unstuffed goose with glaze for poultry, game or pork* or during last 45 minutes, baste with currant jelly, orange marmalade or apricot preserves.

* *See Index.*

APRICOT/RICE STUFFING

2 C. cooked rice
1 C. dried apricots or apricots and prunes
2-3 tbsp. brandy
3 tbsp. chopped celery tops
3 tbsp. chopped parsley
4 tbsp. chopped onion
1 tbsp. chopped chives, optional
2-3 tbsp. butter
⅛ tsp. thyme
⅛ tsp. allspice
Salt and pepper, to taste

1. Sprinkle brandy over apricots to soak for ½ hour or more.
2. Sauté celery, parsley, onion and chives in butter until tender.
3. Combine rice, apricots and onion mixture. Add salt and pepper.

This will stuff one chicken. A great stuffing for goose, duck and Cornish hens also.

APPLE/PRUNE STUFFING

1 large onion, chopped
½-1 stick butter
3 C. cooked prunes
3 C. chopped apples
6-7 C. diced stale French bread
Juice of 1 lemon
1½ C. chopped pecans
Goose or chicken stock,* to moisten
Salt and pepper, to taste

1. Sauté onion in butter until onion is tender.
2. Barely moisten the French bread with the stock.
3. Combine all ingredients and stuff in goose.

This amount will stuff three 8 lb. geese. The ingredients may be varied according to taste.

* *See Index.*

SALMIS DE POULES D'EAU

6 poule d'eau, skinned and quartered or small wild ducks like pintail or teal
Salt and black pepper
½ C. flour
2 tbsp. bacon grease, drippings
3 large onions, coarsely chopped
3 green peppers, coarsely chopped
2 (10-oz.) jars green olives, broken with pimiento pieces and liquid
1 bay leaf, crumbled
1 tsp. thyme
Tabasco® to taste
½ C. parsley, freshly chopped

1. Season and put poule d'eau pieces in a bag with flour. Shake until lightly coated.
2. In a heavy dutch oven type pot, put in bacon grease and turn on fire just under hot. Add pieces of poule d'eau and brown on both sides. Remove from pot.
3. Add a little margarine and put in onions and stir until somewhat brown. Add green pepper and cook, stir about 5 minutes or so. Add one jar of olives, pimiento pieces and liquid and stir into vegetables. Add thyme and bay leaf.
4. Put poule d'eau back in the pot and sprinkle with a little black pepper. Pour in second jar of olives, stir and cover pot tightly. Simmer for 2½-3 hours. Stir occasionally, careful not to burn ingredients.
5. After an hour of cooking, add parsley and stir. Continue cooking. Before serving, stir in Tabasco and check for salt. Serves 4.

CAILLES BRAISÉ

1 doz. quail
2 C. olive oil
Juice of 4 lemons
1 medium onion, chopped
½ green pepper, chopped
3 cloves garlic, pressed
2-3 tbsp. lemon-pepper seasoning
½ C. dry white wine, optional
Salt and pepper, to taste
4 tbsp. butter or margarine

1. Combine olive oil, lemon juice, onion, green pepper, garlic, lemon-pepper, white wine, salt and pepper to make the marinade.
2. Place the quail in one layer in a container into which they fit closely so that the marinade will cover as much as possible.
3. Pour the marinade over. Refrigerate 4 hours or overnight, basting frequently.
4. Melt butter over medium heat in a heavy skillet. Add quail and brown well. Add as much of the marinade mixture as you like, to season the gravy. Turn heat to low, cover and cook slowly 30 to 45 minutes, or until you can wiggle the legs. Add water or more marinade during cooking time, if necessary. Baste frequently. Serves 6.

CHALMETTE STUFFED QUAIL

1 doz. quail
Wild Rice,* Apricot/Rice* or Oyster Stuffing*
Olive oil
Salt and pepper, to taste
12 slices bacon

1. Preheat oven to 450 degrees.
2. Salt and pepper the quail and rub with olive oil.
3. Stuff the quail loosely and place them in a shallow baking pan. Place bacon over each bird.
4. Place quail in oven and reduce temperature to 350 degrees. Bake about 45 minutes to 1 hour, until done, basting frequently with any pan drippings.

* *See Index.*

COUNTRY ROAD STUFFED QUAIL

12 quail, seasoned with salt, black pepper and Season-All
1 apple
1 onion
2 celery stalks
4 bacon slices, small pieces
1 stick butter, divided
2 tbsp. flour
1 carrot, cut in thin strips
1 onion, coarsely chopped
3 green onions, chopped
1½ C. chicken stock*
1 C. Madeira or port
Salt, black pepper, to taste
Parsley, chopped for garnish

1. Season the quail and stuff them with pieces of apple, onion and celery that have been chopped. Secure them with toothpicks.
2. In a large dutch oven type pot, fry bacon pieces and remove. Brown the quail in the bacon drippings. You may need a little extra oil or butter. Remove and add flour to pan plus ¾ stick butter. Then add carrot, onions and green onions and sauté until soft, stirring often.
3. Add stock and wine. Blend together and transfer bacon and quail back to the pot, cover and cook over medium heat for about 20-25 minutes. Remember that quail has a tendency to be dry, so don't overcook them.
4. Remove the quail to a warm platter. Check the gravy for desired thickness and seasonings, you may add a touch more of wine. Pour the sauce with the vegetables over the quail. Garnish with the parsley. These birds are even better when you serve them with a pasta with a cream sauce and parmesan cheese. Serves 6 to 8.

* *See Index.*

SAUTÉED GULF COAST QUAIL

6 small quail
Oregano, salt and black pepper
Olive oil
Cooking oil
¼ C. green onions, finely chopped
1 C. mushrooms, sliced
¼ C. white wine
Parsley, chopped

1. Season the quail in and out. Rub with oil and let birds sit for about an hour to absorb flavors.
2. In a sauté pan, heat some oil and put in the quail and cook over medium to high heat until they are cooked through, about 4 minutes on each side. Remove to a warmed platter.
3. Sauté the green onions in the saucepan, you might add some margarine or butter, and add the mushrooms. Sauté briefly until the liquid has evaporated. Add parsley and white wine to deglaze the pan. Boil the liquid for 1 minute and serve over the birds.

A simple, quick dish for the hunter to enjoy.

SOUTHERN QUAIL FLAMBE

8-10 green onions, chopped fine
12 tbsp. butter
½ lb. mushrooms, sliced
1 tbsp. Worcestershire
Salt, pepper and Tabasco,* to taste
4 tbsp. olive oil
1 clove garlic, pressed
6 quail, halved and dredged in flour
⅓ C. cognac, warmed
Stock or water
Salt and pepper, to taste

1. In 8 tablespoons butter, sauté the green onions for about 3 minutes. Add mushrooms and sauté just until tender. Add seasonings and remove from fire.
2. Heat 4 tablespoons butter and 4 tablespoons olive oil in heavy skillet. Add garlic then quail and brown on both sides.
3. Pour cognac over the quail and ignite.
4. Extinguish flame, add mushroom/onion mixture and a little water or stock, if necessary.
5. Cover pan and simmer about 45 minutes, or until tender. Season with salt and pepper. Serves 3-4.

COUNTRY STYLE TURKEY/SAUSAGE JAMBALAYA

½ lb. link sausage
4 C. cooked turkey, cut up
1 medium onion, chopped
3-4 green onions, chopped
½ green pepper, chopped
3 tbsp. chopped parsley
2 cloves garlic, pressed
2-3 tbsp. flour
4 oz. tomato sauce
Salt and freshly ground pepper, to taste
Several dashes of Tabasco®
1½ C. uncooked rice
1½ C. chicken or turkey stock*
Cayenne, to taste

1. Slice sausage, fry and remove from pan, leaving about 2 tablespoons of grease in pan.
2. Add 2 tablespoons of flour to pan and brown in the grease. Then add onions, pepper, parsley, and garlic and sauté until tender.
3. Add tomato sauce, Tabasco, salt, pepper, and stock. Simmer 30 minutes.
4. While gravy cooks, cook your rice and rinse thoroughly afterwards. Combine with cooked gravy and heat in oven 30-40 minutes.

* See Index.

TIP: ROAST TURKEY

To bake a turkey, preheat oven to 450 degrees. Have the turkey at room temperature. Salt and pepper it and rub it with melted butter, margarine or bacon grease. Stuff with cornbread stuffing, cover and place in oven. Reduce heat to 325 degrees. Cook approximately 15 minutes to the pound. Baste frequently and check for doneness early, as cooking time varies. Stick a fork into the largest part of the thigh. If the juice runs clear, the turkey is done.*

During the last 45 minutes of cooking, add a couple of chopped green onions to the juices in the bottom of the pan. When you remove the turkey from the pan, scrape up the drippings. This makes a very good gravy and can be thickened with flour if desired.

CORNBREAD STUFFING

Turkey giblets and neck
½ onion
1 stalk celery
½ lb. bulk sausage
1 C. chopped onion
½ C. chopped celery
5 C. crumbled cornbread
¾ C. chopped pecans
Salt and pepper, to taste

1. Place turkey neck and giblets in enough water to cover. Add onion, celery, salt and pepper. Bring to a boil and simmer 1 to 1½ hours.
2. Fry sausage and crumble. Remove from pan.
3. Add chopped onion, and celery to pan and sauté until tender.
4. Remove giblets from stock and chop. Combine with onions, celery, sausage, cornbread and pecans. Mix well. Season with salt and pepper and moisten with a little stock.

This is approximately enough stuffing for a 16 lb. turkey. Makes 8-10 cups.

INFORMATION: When stuffing any bird do so only about ¾ full as the stuffing expands with cooking.

TIP: BOUQUET GARNI

A bouquet garni is aromatic herbs or plants tied together into a little "bouquet" and added to stocks, stews and sauces to give the desired flavor. It is always removed before serving. The proportions of these herbs, such as parsley, thyme, bay leaf, etc. is adjusted depending on the nature of the dish.

For example, in making the game stock for the Blanquette of Rabbit we use a bouquet of parsley, celery, thyme, onion and bay leaves. In the Bayou Country we use a lot of thyme and bay leaf. Remember that they are very strong and should be used sparingly — with discretion!

BLANQUETTE OF RABBIT

- 1 rabbit, cut into pieces
- 1 tbsp. vinegar or lemon juice
- Bouquet garni*
- 2 large onions studded with 2 cloves
- 4-6 tbsp. butter, divided
- 24 small onions
- ½ C. mushrooms
- 2 tbsp. flour
- 3 egg yolks, mixed with 4 tbsp. water or milk
- 1½ tbsp. parsley, chopped
- Nutmeg
- 1 tbsp. lemon juice
- Salt, white pepper, Tabasco® to taste

1. Place rabbit pieces in a large saucepan with just enough salted water to cover, add onions, vinegar or lemon juice and bouquet garni. Bring to the boil and skim the surface. Cover and simmer over very low heat. A young rabbit might take 45 minutes to an hour. An older one a little longer.
2. In a frying pan melt 2 tbsp. butter and cook the small onions over low heat until transparent, but not brown – about 15 minutes. Set onions aside and sauté mushrooms in same pan for a few minutes. Then add onions back and set aside.
3. When rabbit is done, strain the cooking liquid and discard bouquet garni and onions. Put rabbit back in their cooking pan along with onion/mushroom mixture and keep warm.
4. In a separate saucepan melt the rest of the butter, add flour and blend over low heat 2 minutes. Gradually add the rabbit liquid, reduce heat, cover and simmer for 30 minutes. Remove from heat.
5. Add egg wash slowly, whisking constantly, careful not to curdle the eggs. Return to heat, stir constantly, do not boil. Add parsley, lemon juice and nutmeg and cook for 10 minutes. Adjust seasonings with salt, pepper and Tabasco. Thicken with cornstarch if needed. Pour over rabbit and gently heat until ready to serve over hot rice. Serves 4.

A large chicken could be substituted for the rabbit. But the rabbit is decidedly delicious prepared in this "white stew". This dish can be prepared ahead of time and reheated just before serving. Accompany with green peas.

* *See Index.*

LAPIN AU SAUCE PIQUANTE

2 rabbits, dressed and cut in pieces
Salt and black pepper
1 C. cooking oil, divided
½ C. flour
3-4 medium onions, chopped
2 celery stalks, chopped
6-oz. can tomato paste
4 C. chicken stock or water and stock*
Salt, black pepper and cayenne
1 bay leaf, crumbled
2 fresh basil leaves, chopped or dried
1 lb. mushrooms, freshly sliced
2 tbsp. parsley, chopped
1 small bunch of green onions, chopped
Homemade croutons*
Watercress, to garnish

1. In a large dutch oven type pot, heat ½ of the oil and add the rabbit pieces which have been seasoned with salt and pepper. Brown the pieces. Set aside.
2. Add to the pot the remaining oil and the flour to make a brown roux. When roux is a good color, add the onions and celery and sauté until tender — stirring constantly.
3. Add tomato paste and continue to cook for about 10 minutes — careful not to burn. Gradually add the stock, bay leaf and basil and cook for about 45 minutes uncovered on a low fire — stirring often.
4. Place browned rabbits back in the sauce and season. Cover and simmer until rabbits are tender, about 1½ to 2 hours. In the last 15 minutes of cooking time add the mushrooms, parsley and green onions. When completely done, check the dish for additional seasonings.
5. In a large serving dish, arrange the rabbits and pour over the sauce. Sprinkle fresh croutons over the dish and garnish with watercress. Serve with hot rice and French bread. Serves 6.

* *See Recipe.*

RABBIT CASSEROLE WITH APPLES

3 lb. rabbit, jointed
3½ oz. butter
1 oz. cooking oil
1¾ lb. cooking apples, peeled, cored and thickly sliced
Salt and black pepper
3 oz. apple brandy
Dash cinnamon
Dash nutmeg
Parsley sprigs

1. Melt butter with oil in a large saucepan. Add the rabbit joints and cook over low heat, turning them often for about 45 minutes. Transfer to a buttered baking dish arranging the apple slices and rabbit joints in layers. Salt and pepper them.
2. Mix brandy, cinnamon and nutmeg, add to the cooking juices and pour over the rabbit and apples. Cover the dish and bake in a pre-heated 350 degree oven for about 45 minutes or until the rabbit is tender. Garnish with parsley and serve with sweet potatoes.

BOGALUSA VENISON WITH SOUR CREAM SAUCE

6-7 lbs. haunch of venison
Salt and black pepper
2 cloves garlic
Bacon drippings
3 oz. cooking oil
½ C. celery, chopped
½ C. carrots, chopped
½ C. onions, chopped
1 C. red wine
Flour to thicken
½ C. currant jelly
¼ C. sour cream
Chopped parsley

1. Season venison with salt and pepper and insert slivers of garlic. Rub the venison with bacon drippings. Heat oil in a Dutch oven type pot and lightly brown the venison on top the stove. Add the celery, carrots and onions. Transfer the pot to the oven – pre-heated to 350 degrees. Roast, basting frequently with own juices, about 20-30 minutes a pound. Check to see whether it is cooked after 1½ hours. The flesh should be slightly rare, but the meat should be browned on the outside.
2. When it is cooked, remove the meat and keep warm. Degrease the cooking juices in the pot, pour in the wine and the jelly. Stir and blend well. Reduce gently over a low fire. When reduced, add slowly the sour cream. Thicken with flour, if necessary. Carve the venison and arrange on a platter. Pour the sauce over and sprinkle with parsley.

TIP: SMOKED VENISON

To smoke venison make several slits in the venison roast and insert slivers of garlic.

Make paste of any packaged meat marinade and liquid – water, wine, beer or vinegar, and smear this all over the roast. Allow this to sit ½ hour to overnight.

*When ready to smoke, wipe off the marinade and proceed as indicated in smoked brisket.**

** See Index.*

TIP: ROAST VENISON

To roast venison make several slits in the venison and insert slivers of garlic. Sprinkle with pepper.

Place in roasting pan and bake as for roast beef – i.e., 10 minutes at 450° and then 20 minutes per pound for medium well.

During last ½ hour of cooking, de-glaze the pan with a little stock or water and add 1 to 2 chopped green onions. Baste with this.

Notes

FISH AND
SEAFOOD
Oil

FISH AND SEAFOOD — Few foods can compare to fresh fish and seafoods prepared with loving care. Bayou Banquet® recommends gentle poaching, quick and light sautéeing and careful broiling. Although some of the recipes are exotic gastronomical delights, you will also find simple recipes from the bayou country that seafood fanciers will glow over.

Notes

TIP: Seafood is at its best cooked quickly and simply. Just a little butter, salt and pepper and lemon juice is all you need. These "Bayou Country" recipes will give you an idea of the infinite variety of methods to prepare the seafood we love and enjoy. The basic rule to remember with seafood is do not overcook!

BAYOU DE CADE STUFFED CRABS

2 sticks butter
1 C. green onions, chopped
½ C. yellow onions, chopped
3 cloves garlic, minced
½ C. celery, chopped
⅛ tsp. thyme
1 bay leaf, crumbled
5 oz. French bread
1 C. milk
Salt, black pepper and Tabasco®
1 lb. claw or white meat crabmeat
Lemon juice
Bread crumbs
Paprika

1. In an iron skillet, melt a stick of butter and sauté green onions, onions and garlic for about 5 minutes. Add the celery, thyme and bay leaf plus one half stick butter. Sauté over low heat for about 25 minutes stirring often.
2. Break up the French bread in little pieces and soak in the milk. Add this to the sautéed mixture and cook over medium heat, combining all ingredients well — about 5-7 minutes. Add salt, pepper and Tabasco; then the crabmeat and mix thoroughly. Drizzle some lemon juice into the mixture.
3. Arrange the crabmeat in individual ramekins, or shells and sprinkle with breadcrumbs and dot with butter. Top with paprika and heat in a 375 degree oven until hot — when you are ready to serve. This can be made ahead of time and is a tasty, economical dish. Serves 4.

LAFITTE CRABMEAT AU GRATIN

1 lb. lump crabmeat
1½ C. Bechamel or Basic White Sauce*
1 green onion, chopped
¼ C. bread crumbs
¼ C. grated parmesan or romano cheese
¼ C. grated Swiss or cheddar cheese
Salt and white pepper, to taste

1. Preheat oven to 400 degrees.
2. When making the white sauce, sauté the green onion in the butter before adding the flour. Proceed according to recipe.
3. Combine crabmeat and white sauce. Salt and pepper to taste and place in a buttered ovenproof dish.
4. Combine cheeses and bread crumbs and sprinkle on top of crabmeat. Dot with a little butter.
5. Bake until slightly brown on top.

Experiment with this — place 2-4 artichoke hearts, cooked shrimp or fish.

* *See Index.*

WESTEND FRIED SOFT SHELL CRABS

6 medium soft shell crabs
2 eggs, beaten
1 C. milk
Tabasco®
Salt, black pepper
1 C. flour
Oil for frying
Sliced lemons
Tartar Sauce*

1. Clean crabs by cutting off the face and the eyes. Lift up the shell at each point and clean out the gills — sometimes called the "dead men". Rinse well, drain and be careful to dry the crabs thoroughly.
2. Soak the crabs in a mixture of eggs, milk, Tabasco, salt and pepper for about 15 minutes. Coat with flour.
3. In a large skillet, heat oil — ½ to 1 inch deep — and fry the crabs for about 15 minutes, turning once or until golden brown. Don't overcrowd the skillet. Fry 2 or 3 at a time, depending on the size of the crabs and the skillet.
4. Remove crabs from the skillet with a slotted spoon — draining well. Blot off excess oil with paper towels. Serve at once with lemon slices and delicious tartar sauce. Serves 4-6.

In the Bayou Country, if you ask the average person what they would choose for their "last" or favorite meal, 8 out of 10 would probably answer soft shell crabs.

* *See Index.*

TIP: BROILED SOFT SHELL CRABS

To prepare crabs for cooking, lift the tapered points on each side of back shell and remove spongy substance. Cut off the eye area and rinse the crabs well in cold water. Pat them dry and soak them for about 15 minutes in a little milk seasoned with salt and pepper.

Remove the crabs from the milk and sprinkle them lightly with flour and brush with melted butter and sprinkle with salt and pepper.

Broil 3 to 4 inches from heat, top side down, for about 7 to 8 minutes. Turn, brush top side with butter and broil for another 7 to 8 minutes.

Garnish with chopped parsley and lemon wedges or try the crabs topped with sautéed crabmeat, shrimp or crawfish.

INFORMATION: Crawfish are miniature relatives of the crustacean, lobster. Caught in the wilds of lakes, bayous and rivers of southern Louisiana from May to July, crawfish are in such demand as a true Creole delicacy that they are farmed for near year 'round consumption. Also lovingly called "mudbugs" and "crawdaddies" locally.

INFORMATION: ETOUFFÉE is a method of cooking food in a tightly closed pot with very little liquid — like a stew. Etouffée is the French verb meaning to suffocate or to smother. Thus, crawfish etouffée is really a crawfish stew.

ACADIAN CRAWFISH ETOUFFÉE

1½ sticks butter
2 tbsp. cooking oil
½ C. flour
½ C. green onions, chopped
1 C. yellow onions, chopped
¾ C. celery
3 garlic cloves, minced
1 bay leaf, crumbled
1 tsp. fresh basil, chopped
3 tbsp. tomato paste
8-oz. can tomato sauce
Salt, white pepper and Tabasco® to taste
1 C. stock*
1 C. water
2 lbs. cooked crawfish tails
2 tbsp. lemon juice
3 tbsp. chopped parsley

1. In a Dutch-oven type pot melt 1 stick butter and cooking oil. Add flour to make a brown roux. Cook about 7-10 minutes stirring often. Add green onions, onions, celery, garlic, bay leaf and basil and the extra butter. Cook over medium heat for about 20 minutes.
2. Add tomato paste and cook another 15 minutes then add the tomato sauce, salt, pepper, Tabasco, stock and water. Bring to a boil, reduce heat and simmer slowly, uncovered for about 45 minutes – stirring occasionally. Remove from fire and add crawfish tails, lemon juice and parsley. (If the tails are frozen, do not thaw.) The crawfish tails do not need to be cooked any more.

This dish can be prepared the day before or frozen. It is better to prepare it ahead of time. When you heat the dish be careful not to boil it. Serve over steamed rice with hot French bread.

You can substitute shrimp for the crawfish and clam juice for the stock.

Serves 8.

* *See Index.*

BAYOU CANE CRAWFISH PIE

4 9-inch pie shells, unbaked
Recipe for individual crawfish pies*

1. Preheat oven to 400°.
2. Make filling according to recipe. Pour into pie shells. Put top shells on and make several slits in the top.
3. Bake about 1 hour or until pie crust is brown.

Serves 6 to 8.

* *See Index.*

BROUSSARD CRAWFISH CROQUETTES

2 C. finely chopped cooked crawfish tails
4-5 tbsp. butter or margarine
1 C. chopped green onions
2 cloves garlic, pressed
½ C. flour
1 C. half and half or milk
4 tbsp. chopped parsley
Juice of 1 lemon
Salt and pepper, to taste
2 eggs, beaten with 2 tbsp. water
Fine bread crumbs

1. Sauté green onions and garlic in the butter until onions are tender.
2. Add flour, stir well and add half and half or milk gradually stirring constantly. Cook until thick.
3. Add parsley, lemon juice, crawfish, salt and pepper.
4. Place mixture in refrigerator until it is cold and stiff.
5. Remove mixture from refrigerator and shape croquettes. Dip them in bread crumbs, then beaten eggs and then bread crumbs again.
6. Deep fry in very hot grease until golden brown and drain in paper towels.

Cooked shrimp can be substituted for the crawfish. Serves 6.

BOILED CRAWFISH

20 lb. live crawfish
1½-2 boxes salt
½ C. cayenne
3 cloves garlic
3 onions, quartered
1 stalk celery with leaves
¼ C. Zatarain's liquid or dry crab boil
Small red potatoes, optional
Corn on the cob, optional

1. Wash the crawfish several times in a large tub — washing until the water comes out clear.
2. Fill a large pot with enough water to cover the crawfish after seasonings have been added. Add other ingredients except the crawfish, potatoes and corn. Cover and bring to a boil — cook about 10 minutes to let the flavors blend. At this point add the potatoes and corn to the pot and cook them until almost done, since the crawfish cook quickly.
3. Add the crawfish and bring water to a second boil. Boil for 3-5 minutes. Turn off heat and let soak for 20-25 minutes. Drain the "mudbugs" and serve them hot or cold with the potatoes, corn and hot sauce.*

* *See Index.*

HOT SAUCE FOR BOILED SEAFOOD

1½ C. catsup
1 tbsp. Worcestershire
5 tsp. prepared horseradish
Tabasco,® salt to taste
¼ C. lemon juice

1. Combine all ingredients and chill. Serve with any boiled seafood or raw oysters. Yields 2 cups.

TIP: CRAWFISH BOIL PARTY

During the crawfish season boil up a sack of "mudbugs" and have a "backyard" party. Spread thick layers of newspaper over the table, pile the crawfish in the center and don't bother with plates, forks or knives. Supply small paper cups of dipping sauce and plenty paper towels and ice cold beer. At the end of the "banquet" simply roll up all the shells in the newspaper for easy disposal. Allow about 3 pounds per person for a crawfish boil – that's for light eaters. For serious crawfish lovers – they can be easily identified as those who suck the crawfish heads – you will have to allow double that amount!

CRAWFISH/CRABMEAT CARDINALE

6 green onions, finely chopped
1¼ sticks butter
½ C. flour
2 C. light cream
3 tbsp. tomato paste or ½ C. catsup
Salt, white pepper and Tabasco®
2 tsp. lemon juice
¼ C. white wine
1 lb. cooked crawfish tails
1 lb. crabmeat, well picked
2 tbsp. chopped parsley

1. In a skillet, melt ¼ stick butter and sauté the green onions until soft.
2. In a large saucepan, melt a stick of butter and add the flour to make a white roux for your cream sauce. Gradually add the cream and the tomato paste or catsup and blend until sauce begins to thicken. Add salt, white pepper, Tabasco, lemon juice and white wine and mix well.
3. Add green onions and drippings, the crawfish tails and the crabmeat. Fold into the sauce and add the parsley. This can be made ahead of time. When ready to serve reheat in a casserole in the oven or on top of the stove. Serves 8.

Substitute cooked fish such as redfish, sheepshead or trout, or you can use two pounds of cooked shrimp and a pound of crabmeat.

TIP: CRAWFISH DELIGHT

Sauté some chopped green onions and parsley in a little butter, add cooked crawfish tails, some heavy cream and a little brandy, salt and pepper. Serve over toast or pasta.

CRAWFISH STUFFED GREEN PEPPERS

6 green peppers
2 slices bacon
½ stick butter
1 large onion, chopped
2 cloves garlic, minced
2 stalks celery, chopped
¼ C. chopped parsley
Salt, black pepper and Tabasco®
⅛ tsp. oregano
⅛ tsp. thyme
⅛ tsp. allspice
Worcestershire
2 C. bread cubes, moistened
1 egg, beaten
1 lb. cooked crawfish tails, chopped coarsely
Lemon juice
½ C. bread crumbs

1. Slice top from peppers and carefully remove membrane and seeds. Cook peppers in boiling water for 5 minutes. Drain.
2. In a large skillet, cook bacon. Remove, chop and set aside. Add butter to the bacon drippings and sauté onions, garlic, celery for about 15 minutes on a low fire, stirring often.
3. Stir in salt, pepper, Tabasco, oregano, thyme, allspice and Worcestershire. Add moistened bread (moisten with milk, stock or water) and the egg, mix thoroughly. Add the crawfish tails. No need to cook the tails any longer. Add a little lemon juice.
4. Fill the peppers with the mixture and top with bread crumbs and dot with butter. Place in a baking dish and heat in a 350 degree oven until hot. Shrimp or ground beef can be substituted for the crawfish. Serves 6.

LES ÉCREVISSES LAFOURCHE

6 tbsp. butter
6 tbsp. flour
1 bunch small green onions, chopped
1½ C. Crawfish Stock*
1 C. half and half cream
½ lb. sliced mushrooms
Salt, white pepper, nutmeg and Tabasco® to taste
Dash of thyme
½ C. white wine
2 tbsp. fresh parsley, chopped
1 tbsp. fresh dill, chopped finely — do not substitute dried
2 lbs. cooked crawfish tails*

1. In a large sauce pan melt butter and add flour to make a sauce. Blend well. Add green onions and continue to cook over low heat stirring constantly.
2. Gradually add stock and blend. Add cream and continue cooking and stirring. Add the mushrooms and the seasonings. Finish the sauce by adding white wine and cook until desired consistency. Sauce should be thickish. Remove from fire, add parsley and dill and mix into sauce.
3. In a large casserole dish place the crawfish which have been drained. Pour the sauce over the crawfish and gently mix all ingredients. When ready to serve, heat in the oven until thoroughly hot. Serve in patty shells, individual pre-baked pie crusts or serve over rice. An easy dish that can be prepared ahead of time to serve six generously.

* *See Index.*

BAKED FISH FILLETS

3 lb. redfish, trout, catfish or red snapper fillets, ½ lb. per person
Salt, lemon-pepper and cayenne pepper
Oil
1½ sticks melted butter, divided
1 C. bread crumbs
3 tbsp. lemon juice
Worcestershire
Tabasco®
2 tbsp. parsley, chopped
¼ C. green onions, chopped
1 tsp. fresh dill, chopped
1 tsp. fresh oregano
Thyme or basil, chopped
Parsley sprigs, lemon wedges, to garnish

1. Salt and pepper the fish fillets. Generously coat an oblong baking pan with oil to keep the fish from sticking to the pan. Drizzle some of the butter over the fish and sprinkle bread crumbs on top of the fish plus a little lemon juice. Bake the fish in a preheated 400 degree oven for 20 minutes. Don't overcook.
2. On top of the stove, in a sauce pan put rest of the butter and lemon juice plus the Worcestershire, Tabasco, parsley, green onions and the fresh herbs.
3. Transfer the fish to a platter and pour the melted herb butter over all. Garnish with lemon wedges and parsley sprigs.

Serves 4-6.

If you prefer to substitute a sauce for the melted butter with herbs, do so. Try a mushroom sauce, Mornay, dill sauce or a shrimp sauce.*

* *See Index.*

TIP: FREEZING, THAWING FISH:

Keep fish on ice from the time they are caught. Clean the fish as for cooking. Cut in fillets, steaks or leave whole. The best way to freeze the fish is covered with water in air-tight containers.

Thaw in refrigerator or under cold, running water. A one pound fillet in the refrigerator will thaw in about 18 hours. Fish fillets or steaks can be thawed in about ½ hour in cold water, but shouldn't be removed from the package while being thawed. Thawing at room temperature is not recommended.

BRETON ISLAND FILLET OF FLOUNDER

2½-3 lbs. flounder fillets, about 8-10
Milk to cover
Salt, white pepper, Tabasco®
⅔ C. flour
3 eggs, well beaten
1 C. dry bread crumbs
1 C. grated parmesan cheese
1½ sticks butter
2 tbsp. oil
Lemon wedges

1. Soak fillets in milk to which you add salt, pepper and Tabasco. After 30 minutes you remove fish and pat dry. Salt and pepper the fillets.
2. Take the fillets and coat them with flour, pass them in the beaten eggs then coat them with a mixture of the bread crumbs and cheese. If you want lighter coating, add a little milk to the eggs.
3. In a large skillet, melt butter with the oil. When hot, sauté the breaded fillets. They stick to the pan easily because of the cheese, so watch them closely. Don't overcook the fish. You will have to add a little extra butter from time to time. Cook a few fillets at a time — don't overcrowd the skillet. Serve with lemon wedges.

Serves 6-8.

Simple fish dishes are always the best.

TIP: FISH TOPPING

Delicious topping for any fish that has been lightly sautéed, broiled or poached. Sauté chopped green onions and parsley in a little butter and add chopped shrimp, crawfish tails or lump crabmeat. Spoon over fish and serve hot!

CALCASIEU REDFISH

6½ lb. redfish fillets, about ½" thick
2 sticks butter, melted
2 tsp. paprika
¼ tsp. basil
¼ tsp. oregano
¼ tsp. thyme
½ tsp. onion powder
1 tsp. garlic powder
2 tsp. salt
½ tsp. white pepper
1 tsp. cayenne
1 tsp. lemon-pepper

For this recipe, you will need a small iron skillet which hereafter will not be good for much else except cooking blackened redfish, but after eating this, you'll never miss it!

You may cook this inside, but it is much more satisfactory as an outdoor project, because of the smoke.

1. Combine all seasonings completely.
2. Twenty minutes before cooking time, preheat your skillet on the highest heat possible. Believe it. This is necessary! The skillet will be white-hot.
3. Meanwhile, dip each fillet in the melted butter, coating both sides well. Reserve extra butter.
4. Sprinkle seasoning evenly and very generously on both sides.
5. Place one fillet at a time in the skillet. Pour about 1 teaspoon of melted butter on top. Butter may flame up, so proceed with caution!
6. Cook 1½ minutes on one side, turn, put another teaspoon of butter on top and cook 1½ minutes on that side.

Serve as soon as possible with lemon butter sauce* or pour melted butter over and sprinkle with fresh lemon juice.

* *See Index.*

DELCAMBRE BAKED WHOLE FISH

1 (6-lb.) fish, redfish, red snapper, etc.
Salt, black pepper and cayenne
Lemon butter sauce*

1. Season your fish inside and out with salt and peppers. Preheat oven to 350°-375°. Grease the bottom of the baking pan to keep fish from sticking.
2. Put fish in the oven and bake uncovered, until done — about 25 to 30 minutes basting frequently with the lemon butter sauce. Test with a broomstraw or toothpick. If the meat flakes easily the fish is done. Serves 6 to 8.

* *See Index.*

GRANDE ISLE STUFFED FLOUNDER

1 stick butter, divided
½ C. celery, chopped
½ C. green onions, chopped
2 cloves garlic, minced
1½ C. bread cubes, moistened, about 4 slices
½ lb. cooked shrimp, chopped
½ lb. crabmeat
2 tbsp. parsley, chopped
1 egg, beaten
Salt, black and cayenne peppers
4 flounders, medium sized
Lemon juice

1. Melt ½ stick butter and sauté celery, onion and garlic over low heat. Add the moistened bread, shrimp, crabmeat, parsley and egg. Mix well. Remember that flounders are a dry fish and can use a moist stuffing. Season with salt, pepper and cayenne. Allow stuffing to cool.
2. Split the thick side of the flounder, lengthwise and crosswise and loosen that meat from the bone to form a pocket for the stuffing. Brush the fish with the butter and salt and pepper. Stuff the pocket with the mixture. Drizzle a little lemon juice over all.
3. To bake: melt ½ stick butter in a shallow baking pan. Put fish in the pan, but don't overlap. Cover and bake in a preheated 375° oven for 25 minutes or until fish flakes easily with a fork. Remove cover and bake another 5 minutes.
4. To broil: place fish in a greased pan and broil 3 inches from heat until fish flakes easily, about 10-15 minutes. Serves 4.

VARIATION: BAKED FISH

Rub the fish with spices or add your favorite herbs to the butter. Minced fennel is a nice complement to the fish. Add chopped shrimp to the butter.

Bake your fish with a sauce such as Creole tomato. Baste the fish frequently with the sauce and garnish with lemon slices and fresh parsley.

You can use this same stuffing for a 6 lb. red snapper or a redfish. Fill the cavity of the fish, place in a greased baking pan and bake at 400° for 30 minutes. Try a tomato sauce over the fish or make a herbed hollandaise sauce with fresh basil, tarragon and parsley and serve in a separate sauceboat.

SERVING POACHED FISH

Poach the whole fish* and remove the court-bouillon (liquid in which it was poached). Remove the meat from the bones, in chunks if possible, and arrange on a platter. If you have poached the fish with the head and the tail you can use them to decorate the platter — as if it were a whole fish. Over the fish you can ladle a sauce which you have already prepared. Hollandaise — in particular hollandaise with herbs included — is very good with blackfish, redfish or snapper. A Creole sauce is also delicious. Select the sauce of your choice and try this method of cooking.

To serve cold poached fish, refrigerate. Serve whole, decorated if you wish, with olives for eyes, pimiento for the mouth — use your imagination here. Garnish with lemon wedges and parsley or watercress.

Serve with your choice of sauce, i.e., hollandaise, green mayonnaise, aioli sauce, and cold horseradish sauce are a few suggestions.*

A 6 pound fish will serve 6 people.

* *See Index.*

SAUCE AMANDES

1½ stick butter
½ C. sliced almonds
2 tbsp. lemon juice
Worcestershire
Salt and white pepper
Parsley, chopped

1. In the same skillet you have fried the fish fillets, melt the butter and brown the almonds. Add lemon juice, Worcestershire, salt and parsley and heat thoroughly. Pour some over the fish and serve the rest separately.

There are many good sauces to be used with the basic fish recipe. Try a dill sauce, veronique or oyster sauce.* The sauces can be prepared ahead of time and the fish prepared just before serving.

* *See Index.*

OLD RIVER FRIED CATFISH

4-6 catfish fillets, depending on size
1 C. milk
Salt, lemon pepper, Tabasco®
1½ C. cornmeal, yellow or white
Cayenne pepper
Cooking oil for frying
Lemon wedges
Hot tartar sauce*

1. Take your catfish fillets and cut them in pieces or strips. Catfish fillets can be fried whole, but they are crispier this way. Soak them in a little milk that has been seasoned with salt, pepper and Tabasco — about 20 minutes.
2. Put the cornmeal in a small paper bag and lightly season it with salt, pepper and cayenne.
3. Remove the fillets from the milk and season them also. One of the secrets to frying fish is how well you season them. Drop them, a few at a time, in the cornmeal bag and shake to coat them well.
4. In a large, iron skillet heat the oil until it's good and hot. (You might try the match test*). Remember that you will want just enough oil for pan frying not deep fat frying — 1-1½ cup. Put the fish in the hot grease, careful not to overcrowd the skillet. Fish will be done when they turn golden brown. They should be crispy, not burnt. Turn once and don't overcook. Remove and place on paper towels to absorb any excess grease.
5. Serve at once — with tartar sauce.

* *See Index.*

TIP: SAUTÉEING, PAN FRYING FISH

Fish fillets, steaks or whole, small fish should be lightly dusted with cornmeal, flour or bread crumbs and sautéed in oil or butter and oil. Be sure the grease is hot!

Deep Fat Frying: A method that requires a lot of oil and a heavy batter. Deep fried seafood will be done when the seafood rises to the surface.

TIP: FISH TO FRY

The best fish for frying are those that are the least oily — such as trout or catfish.

POISSON AUX EPINARDS

- 2 lb. fresh or 3 pkgs. frozen spinach, cooked, drained, chopped
- 1 tbsp. butter
- 1 tbsp. flour
- 4 tbsp. green onion, chopped
- ½ C. milk or cream
- 2 tbsp. parmesan cheese, grated
- Pinch of allspice
- Salt and pepper, to taste
- Juice of 1 lemon
- 3-4 tbsp. butter
- 2 lb. fish fillets
- 1 green onion, chopped
- 3 tbsp. parsley, chopped
- 1 lb raw shrimp, peeled and chopped

1. Preheat oven to 350°.
2. Melt 1 tablespoon of butter, when it bubbles, add flour and cook a minute, then add green onions and sauté until onions are tender.
3. Add milk and parmesan cheese and stir until sauce is thickened.
4. Combine sauce with spinach and season with allspice, salt and pepper.
5. Grease a shallow baking pan and spread spinach in the bottom in a layer ¼" to ½" thick.
6. Set spinach aside in a warm place
7. Season fillets with lemon juice, salt and pepper and sauté in 3-4 tablespoons of butter over a medium to high heat for about 2 minutes on each side — just until lightly browned and slightly underdone.
8. Remove fish from pan with slotted spoon, leaving butter in pan.
9. Place fish on top of spinach, sprinkle with a little lemon juice and bake 20 minutes.
10. Meanwhile, sauté green onions, parsley, and shrimp in butter remaining in pan. Add more, if necessary, until shrimp are done.
11. When fish is cooked remove from oven and pour mixture over before serving.

You may substitute crawfish or crabmeat for the shrimp. For added richness, serve with hollandaise sauce.*

* *See Index.*

TIP: POISSON AVEC SAUCE AUX CAPRES

Dust fish fillets lightly with flour. Sauté in 2 or 3 tablespoons of butter and depending on the size of the fish, sauté 3-5 minutes on each side. Remove fish to a hot platter. Add more butter to the pan if needed and sauté a little minced garlic in quickly. Add fresh lemon juice to taste and a tablespoon or two of capers. Pour sauce over fish.

TERREBONNE BAY FISH CASSEROLE

6 tbsp. butter
6 tbsp. flour
1 c. clam broth
1 C. chicken stock*
1 C. light cream
¼ C. vermouth
½ tsp. Dijon mustard
Salt, white pepper and Tabasco®
3 lb. redfish, trout or flounder
Bread crumbs
Grated parmesan cheese, optional
Paprika and thinly sliced lemons for garnish

1. Prepare the casserole sauce: melt butter in a saucepan and add flour to make a white roux. Gradually add the clam broth and the chicken stock. Add the cream and allow the sauce to thicken, whisking constantly. Finish the sauce by adding the vermouth, the mustard and salt, white pepper and Tabasco to taste. This can be prepared ahead of time.
2. In a flat casserole dish, pour a thin layer of the sauce, then place a layer of fish, then the sauce and another layer of fish. Top with the sauce and sprinkle bread crumbs and the parmesan cheese, if desired. Bake in a pre-heated 350° oven for about 20 to 20 minutes. Be careful not to overcook or the sauce will break down. Remove the casserole from the oven and place some thinly sliced lemons on top and sprinkle paprika lightly over all. An "oven to table" dish that serves 6-8 with some hot rice and a salad.

* *See Index.*

TIP: BARBEQUED FISH

Grilling fish is good for fish such as mackerel — an oily fish — or any firm, meaty fish. Don't try thin pieces of fish. Thick fish steaks are excellent on the pit. You can baste them with a butter and lemon sauce or with Italian salad dressing. Try coating generously some thick fish steaks with mayonnaise and grilling them. Sounds funny, but it is delicious! Be sure to baste your fish often when grilling it and try not to turn it but once. Don't overcook!

REDFISH COURTBOUILLON

1 tbsp. olive oil
4 tbsp. butter
6 tbsp. flour
1 large onion, chopped
½ C. green pepper, chopped
1 stalk celery, chopped
6 tbsp. parsley, chopped
½ bunch green onions, chopped
3 cloves garlic, pressed
6-oz. can tomato paste
3 tomatoes, cut up
1 tsp. basil
½ tsp. sugar
2 C. fish stock*
Juice of ½ lemon
3 bay leaves
2 lbs. redfish fillets

1. Make a dark roux of the oil, butter and flour.
2. Add onions, celery, garlic, green pepper and parsley and cook about 5 minutes until tender.
3. Add tomato paste and cook a few minutes, then add tomatoes, sugar and basil and simmer 10 minutes.
4. Add fish stock, lemon juice, bay leaves and simmer 45 minutes. If necessary, add more stock or a little white wine during cooking, for thinning. (This much may be done ahead.)
5. 15 minutes before serving, add fish fillets to simmering courtbouillon. Cook 15 minutes and serve hot, with rice. Serves 6.

This recipe may appear formidable because of the list of ingredients, but make it easy on yourself: assemble them all and then it's just a question of throwing things in. Guaranteed to be with it!

* *See Index.*

TIP: SHEEPHEAD DELICACIES

Sheephead is a fish that is excellent and underrated. Try using this underwater delicacy in salads or in seafood casseroles. It tastes just like crabmeat! Fillet the fish completely and poach it. You can even use "crab boil" in the water.

TIP: BARBEQUED REDFISH

Take a redfish, 3-lb. or over, and fillet it out leaving the skin and the scales on. Rinse the fillets well and dry. Season with the Calcasieu redfish seasoning, put the fillets, skin down, on the hot grill and cook the fish, basting it frequently with a sauce of melted butter, lemon and Worcestershire. Don't turn them. The fish will cook quickly so be careful not to overcook. Simply wonderful and so simple.*

* *See Index.*

ATCHAFALAYA OYSTER/EGGPLANT

1 lg. eggplant
2 tbsp. olive oil or bacon grease
1 med. onion, chopped
3 green onions, chopped
2 cloves garlic, pressed
½ green pepper, chopped
2 tomatoes, coarsely cut
2 doz. raw oysters, drained
¼ C. bread crumbs
¼ C. grated parmesan cheese
3 slices of mozzarella cheese
Salt and freshly ground black pepper, to taste

1. Preheat oven to 425 degrees.
2. Peel eggplant, cut it up coarsely and boil until tender. Drain well.
3. Sauté onions, garlic and green pepper in oil or grease until tender. Add tomatoes and eggplant and cook 10 minutes.
4. Combine sauté mix with oysters, bread crumbs and parmesan cheese. Place in oven-proof casserole dish.
5. Bake 20 minutes. Remove from oven and put slices of mozzarella cheese on top.
6. Bake 10 more minutes.

Serves 4.

1 lb. fresh, peeled shrimp may be substituted for the oysters — cook 30 minutes instead of 20 initially. You may grate extra mozzarella cheese in with the oysters and eggplant before placing in the oven.

CAJUN KEBOBS

Oysters
Smoked sausage, sliced
Cherry tomatoes
Small onions
Green pepper, in large pieces
Vinaigrette dressing*
Salt and pepper, to taste

1. Marinate oysters and green pepper overnight in the vinaigrette. Reserve the marinade.
2. Place oysters and sausage on skewers interspersed with tomatoes, onion and green pepper. Salt and pepper all.
3. Broil in oven or over coals until oysters begin to curl, basting all the while with the marinade.

Try this, using shrimp and cook until shrimp are pink — about 8-10 minutes.

* *See Index.*

COCODRIE OYSTER PIE

- 4 doz. oysters, drained — reserve liquid
- 6-8 slices bacon, fried and crumbled
- 2 tbsp. bacon grease
- 6 tbsp. flour
- 5-6 green onions, chopped
- 1 med. onion, chopped
- ½ green pepper, chopped
- ¼ C. celery, chopped
- 2 cloves garlic, pressed
- 6 tbsp. parsley, chopped
- ½ lb. mushrooms, sautéed in a little butter
- Fresh lemon juice
- Tabasco,® to taste
- Worcestershire, a few drops
- Salt and pepper, to taste
- 1 tsp. Pernod — optional
- Two 9-in. unbaked pie shells

1. Preheat oven to 400 degrees.
2. Sauté the flour in the bacon grease over medium heat until a dark rich brown. Add a bit more grease, if necessary. Add the onions, green pepper, celery, garlic and parsley and sauté, stirring constantly until tender.
3. Add oysters, chop coarsely, sprinkle with a little lemon juice, salt, pepper, Tabasco, Worcestershire and Pernod and stir well. If mixture is too liquid, thicken with cornstarch and if too dry, moisten with oyster liquor.
4. Add mushrooms. Mix well and place mixture in pie shell. Cover with other pie shell. Press edges together. Make several slits in top shell.
5. Bake approximately 1 hour 15 minutes or until top crust is browned.

LES HULTRES AVEC JAMBON (OYSTERS AND HAM)

- 3 doz. oysters, medium sized, drained and liquor reserved
- ¾ stick butter
- 1 small bunch green onions, finely chopped
- 4 tbsp. flour
- 3 tbsp. parsley, finely chopped
- 1 C. oyster liquor
- 1 C. light cream
- ¼ C. vermouth
- 1 C. cooked ham, coarsely chopped
- Lemon juice
- Salt, white pepper and Tabasco®
- ¼ C. good Italian cheese

1. Drain oysters and reserve liquor.
2. In a large saucepan melt butter and sauté green onions until transparent. Add flour and blend to make a white roux. Add parsley and gradually add the oyster liquor. When all is well blended add the cream, vermouth and continue to stir and blend.
3. When the sauce begins to thicken add ham and cook for a few more minutes. Drop in oysters and allow to cook for about 5 minutes. Add lemon juice and season to taste.
4. Fold in the cheese and allow to melt. Serves 6.

Oysters and ham recipe is excellent served with noodles or spaghetti; could be served in patty shells or as an accompaniment to poached fish. If served with the fish, cut the oysters in half.

MANCHAC FRIED OYSTERS

4 doz. fresh oysters, med. sized
Salt and black pepper to taste
Red pepper
2 C. cooking oil for frying
1 C. yellow or white corn meal
1 C. catsup
1 tsp. horseradish, optional
Lemon wedges, optional

1. Drain oysters well.
2. In a paper bag put seasonings, and the corn meal. Drop oysters a few at a time in the bag, shake and coat them with the mixture.
3. In a heavy iron skillet, heat the oil for frying. When ready, fry the oysters until golden brown, about 3-5 minutes. Do not overcrowd the skillet. It is best to fry in batches. Remove oysters and blot them with paper towels to absorb excess grease. Serve immediately.
4. Mix the catsup with horseradish to serve with the oysters, if desired. Sprinkle a little lemon juice over the oysters for a nice flavor. Don't forget to have some hot, buttered French bread.

Serves 4.

OYSTER DRESSING À LA SAVAGE

3-4 tbsp. bacon grease or butter
3 bunches green onions, chopped
3 bunches parsley, chopped
4 cloves garlic, minced
3 dozen oysters, drained and chopped, reserve liquor
½ loaf stale French bread
Salt and freshly ground pepper, to taste

1. Slice French bread and soak in oyster liquor.
2. Sauté green onions, parsley and garlic in the bacon grease or butter for about 10 minutes over low to medium heat stirring constantly.
3. Add oysters and cook 10-15 minutes, stirring. This will cook off a lot of the liquid.
4. Squeeze the liquid out of the bread that has been soaking and add bread to oyster mixture, chopping it as you add it.
5. Cook mixture a few more minutes, or until excess liquid cooks off.
6. Season with salt and pepper and place in a buttered oven-proof casserole. Heat for 20-30 minutes at 375 degrees. Serves 6.

This is best served as an accompaniment to poultry or game, rather than stuffed into the bird.

OYSTER SPAGHETTI A LA CREOLE

4 doz. oysters, medium sized, reserve liquor
2 tbsp. olive oil
2 tbsp. flour
1 large onion, chopped
3 green onions, chopped
3 cloves garlic, chopped
2 stalks celery, chopped
½ tsp. thyme
1 bay leaf, crumbled
2 tsp. basil leaves, freshly chopped
⅛ tsp. oregano
⅛ tsp. cayenne
Salt and black pepper
6-oz. can tomato paste
16-oz. can tomatoes and liquid
8-oz. can tomato sauce
2 C. oyster liquor or stock
¼ lb. Italian sausage, fried and cut in small pieces
1 tbsp. lemon juice
¼ C. parsley, chopped
1 lb. thin spaghetti
Imported Italian cheese, grated

1. Drain the oysters, reserving the liquor for stock. Test to see how salty the oysters are, so you can adjust the addition of salt.
2. In a large dutch-oven type pot, prepare to make the sauce. Heat the olive oil and add flour to make a brown roux. Add the onions, garlic, celery, thyme, bay leaf, basil leaves, oregano, cayenne, a little salt and black pepper. Cook uncovered over medium heat for about 20 minutes, stirring often. Add tomato paste and fry down about 5-7 minutes. Add tomatoes, coarsely chopped, the tomato sauce, the sausage and blend all ingredients well. Then add the liquid. Oyster liquor is the best, but other stock or water can be used. Simmer slowly, partially covered for about an hour — stirring occasionally.
3. When sauce is done, add lemon juice, parsley and the oysters. The oysters will not take long to cook. Uncovered, cook the ingredients over low heat for about 10 minutes.
4. In a large pot, boil the spaghetti in salted water with a little oil to keep the pasta from sticking. Drain well.
5. Combine the spaghetti and the oyster mixture in a large warm, serving bowl. Add the Italian cheese and serve at once with hot garlic French bread and a big salad. Serves 8.

The sauce can be prepared the day before. In that case, use stock or water and add some oyster liquor at the last minute to thin out the sauce.

VARIATION: SHRIMP SPAGHETTI A LA CREOLE

Shrimp creole can be made from the oyster and spaghetti recipe with these revisions. Omit the sausage. In place of the oysters, use 4 pounds peeled, raw shrimp. Use shrimp stock or clam juice if you prefer. Serve over cooked rice. Serves 8.*

** See Index.*

OYSTERS EN BROCHETTE

6 doz. oysters, drained
6-8 bacon slices
1 stick margarine or
½ margarine, ½ butter
Salt and red pepper
to taste
1 C. flour
Worcestershire
Lemon juice
Buttered toast, optional

1. The oysters are prepared in the same way as chicken livers* with these few exceptions. We like a little red pepper with the oysters. Careful with the salt as some oysters can be very salty. When the oysters are done remove from pan and add Worcestershire, lemon juice and a little water to make a small sauce. Serve with lemon slices and maybe some hot tartare sauce. Serves 4.

INFORMATION: Preparations cooked on skewers are called brochette. The word for skewer is "brochette" in French. Hence "Oysters en brochette" is simply oysters on skewers. Somehow it sounds better in French.
The secret to chicken or oysters en brochette is cooking the dish on top of the stove to form a good crust. That's why it's important to completely coat the livers/oysters with the flour.
* *See Index.*

OYSTERS FETTUCINI

1 lb. fettucini noodles
½ C. soft butter
1 C. heavy cream
Freshly ground black
pepper
¼ lb. grated Parmesan
cheese
Olive oil
2-3 doz. medium size drained
oysters, liquor reserved
2 cloves garlic, minced
Pinch of oregano
Pinch of thyme
2 tbsp. parsley, finely
chopped
Salt to taste

1. In a large pot, cook the noodles in boiling, salted water with a few drops of oil to keep the pasta from sticking to the pot. Cook about 8-10 minutes and drain well. Place noodles in a "heated" casserole dish and add the butter and the cream. Stir gently. Grind the pepper over the dish and add the cheese.
2. While the pasta is cooking, in a skillet heat the olive oil and add the oysters, seasonings and herbs. Cook until oysters begin to curl at the edges, about 5 minutes.
3. Add all the oyster mixture to the fettucini and toss gently. Check for seasoning. Salt may be needed, depending on how salty the oysters are. If you need a little extra liquid in the dish use some oyster liquor. Serve immediately with a salad and garlic bread. Serves 6-8.

OYSTERS FLORENTINE

- 2 pkgs. frozen spinach, chopped
- 2 doz. oysters, drained reserve liquor
- 2 cloves garlic, minced
- 6 tbsp. butter
- 4 tbsp. flour
- 1 C. oyster liquor
- 1 C. light cream
- ½ C. grated Swiss cheese
- Salt, white pepper and Tabasco®
- 1 tbsp. lemon juice
- Bread crumbs
- Grated Romano or Parmesan cheese

1. Cook the spinach and drain well! Set aside.
2. In a saucepan, melt two tablespoons of butter and sauté garlic for a few minutes and add drained oysters. Cook until the oyster edges begin to curl only a few minutes. Set aside.
3. In a separate pot, make the sauce by melting the remaining butter and adding the flour to make a white roux. Gradually add the oyster liquor, then the cream. Blend well, stirring constantly. Add the Swiss cheese, the seasoning and lemon juice. Mix in the spinach.
4. In individual ramekins, put oysters, cover with the spinach mixture, top with bread crumbs and sprinkle with a little Romano or Parmesan cheese. When ready to serve, put the ramekins in a 350 degree oven and heat thoroughly.

Serves 4.

OYSTERS MANCHAC

- 1 stick butter or margarine
- ½ C. olive oil
- 1 C. green onions, chopped
- 5 tbsp. parsley, chopped
- 3 cloves garlic, pressed
- 1⅓ C. Italian bread crumbs
- ½ C. grated Parmesan cheese
- 1 tsp. basil
- 1 tsp. oregano
- Salt, pepper and cayenne (plenty!), to taste
- 6 doz. raw oysters, drain, but reserve ½ cup liquor

1. Preheat oven to 425 degrees.
2. Melt butter. Add olive oil and over medium heat, sauté the onions, parsley and garlic until tender. Combine with the bread crumbs, cheese and seasonings.
3. Place oysters and liquor in baking pan. Only one layer of oysters — don't pile them on top of each other.
4. Spread bread crumb mixture on top and bake 20-25 minutes.
5. Place under hot broiler a minute or two, until crusty on top.

Try this with shrimp. Cook at 400 degrees for 40-45 minutes.

Serves 6-8.

OYSTERS TRIUMPH

3 tbsp. butter or margarine
4 tbsp. flour
2 C. green onions, chopped
2 cloves garlic, pressed
4 tbsp. parsley, chopped
¼ C. celery, chopped
2 bay leaves
½ C. chicken stock*
½ C. Madeira or sherry
2 medium tomatoes, finely chopped
½ lb. mushrooms, freshly sliced and sautéed in a little butter
1½ tsp. sugar
Juice of 2 lemons
1 tsp. vinegar
Pinch of thyme
½ tsp. anchovy paste
4 dozen oysters, plus liquor

1. Make a dark brown roux* with the butter and flour and then add onions, garlic, parsley and celery and sauté over medium heat until tender.
2. Add Madeira or sherry, chicken stock and all other ingredients except oysters and simmer 20-30 minutes.
3. When sauce is almost finished simmering, cook oysters in the oyster liquor until just slightly curly on the edges. Remove oysters from liquid with a slotted spoon and put them in the sauce for the last minute or two of cooking.

Serve this over toasted slices of French bread.

* *See Index.*

POINTE À LA HACHE SCALLOPED OYSTERS

3 doz. oysters, drained
8-10 slices bacon
1 stick butter or margarine
2 C. saltine cracker crumbs
6 tbsp. parsley, chopped
¼ C. dry red wine
Fresh lemon juice
Salt and pepper, to taste
Juice of 1 lemon
Tabasco,® to taste
Worcestershire, to taste

1. Preheat oven to 425 degrees.
2. Place oysters in a shallow well-buttered baking pan, salt and pepper them and sprinkle with lemon juice.
3. Fry bacon, drain it well, crumble it and set aside.
4. Melt butter, add a few dashes of Tabasco and Worcestershire and combine with cracker crumbs, parsley and crumbled bacon.
5. Spread crumb mixture evenly over the oysters and sprinkle red wine over all — just enough to moisten slightly.
6. Bake 20 minutes, or until slightly browned and crispy on top. Serves 4.

CREOLE BARBECUED SHRIMP

- 2 C. butter or margarine
- 2 C. olive oil
- 5 tbsp. soy sauce
- Juice of 6 lemons
- 14 cloves garlic, unpeeled and whole
- 10 crushed bay leaves
- 10 tbsp. rosemary
- 2 tbsp. oregano leaves
- Salt and lots of freshly ground black pepper, to taste
- 1 can beer
- 8 lbs. shrimp, raw, unpeeled, heads on

1. Melt butter. Mix in all other ingredients except shrimp.
2. Place shrimp in shallow baking pans and pour sauce over.
3. Bake at 350 degrees for about 40 minutes, until done. *Baste frequently* and turn the shrimp over often.

Serves 8.

Serve with hot French bread and salad. Superb! Dip French bread in the sauce for a real taste treat.

The shrimp are better, and cook quicker if cooked in one layer, instead of layering.

CREVETTES À LA BORDELAISE

- 4 lbs. shrimp
- 6 tbsp. butter or margarine
- 8 cloves garlic, pressed
- 6 tbsp. fresh lemon juice
- 1 C. dry white wine
- 6-8 tbsp. chopped parsley
- Salt and pepper, to taste

1. Peel shrimp, leaving on tails if desired.
2. Melt butter, add garlic and sauté about 3 minutes, then add lemon juice and wine and bring to a full boil.
3. Add shrimp and cook uncovered on medium-high heat for 5 minutes or until shrimp are pink.
4. Remove shrimp with slotted spoon to hot platter. Season with salt and pepper.
5. Boil juice on high heat about 2-3 minutes. Add parsley and pour sauce over shrimp.

Serves 4-6. 4-doz. oysters can be substituted. Served over toasted French bread.

TIP: SHRIMP STOCK

Instead of peeling the shrimp and throwing away the shells, boil them in salted water with a little celery leaves, onion and lemon.

FRIED SHRIMP AND RICE

½ stick butter
2 C. cooked shrimp, halved
Salt, black and red peppers
2 eggs, beaten
5 C. cooked rice
3 tbsp. soy sauce
3 green onions, chopped
¼ C. mushrooms, sliced
¼ C. water chestnuts, sliced
1 C. bean sprouts, well drained

1. Melt butter in a skillet over medium heat; add shrimp, salt and peppers. Cook until shrimp are lightly browned, stirring frequently. Add eggs, stirring until well mixed with shrimp.
2. Stir in rice and cook until a golden color. Add remaining ingredients; cook until thoroughly heated. Serve at once.

Serves 6.

LES CREVETTES AVEC SAUCE INDIENNE

2-3 lb. raw shrimp, peeled and shells reserved
3 tbsp. butter
½ C. onion, chopped
3 sprigs parsley, chopped
1 stalk celery, chopped
Pinch of thyme and mace
⅛ tsp. allspice
2-3 tbsp. flour
1 tbsp. curry powder
2 C. shrimp stock
½ C. heavy cream
Lemon juice
Salt and white pepper
3 C. cooked rice

1. Set aside peeled shrimp and boil shells in 3 cups salted water with pieces of lemon, onion, and celery leaves. Reserve the stock.
2. To prepare the sauce Indienne, melt the butter and add the onion and cook until "pale golden". When the onion is half cooked add the parsley and celery, thyme, mace, allspice and touch of ginger. Sprinkle all with the flour and add the curry powder. Mix well. Amount of curry powder to add depends on how much you like the curry flavor. Gradually add shrimp stock and blend, bring to a boil and simmer very slowly, covered, for 40 minutes. This much can be prepared the day before. Add the shrimp and simmer for about 5-7 minutes.
3. At the last minute add the cream and cook for a few more minutes. Do not boil. If you desire a thicker sauce — use a little cornstarch mixed with water. For a thinner sauce — add more stock. Add lemon juice, salt and pepper. Serve over cooked rice with your favorite "curry" condiments — chopped bacon, green onions, nuts, chutney, coconut etc. Serves 6-8. This recipe is easily doubled and a good company dish.

LES CREVETTES CHAUD— HOT SHRIMP DISH

½ lb. mushrooms, sliced
1½ stick butter
½ C. onion, chopped
½ C. green onion, chopped
6 tbsp. flour
3½ C. whole milk, warmed
Salt, white pepper and Tabasco,® to taste
½ C. white wine
2 C. cooked shrimp
1 C. ham, coarsely chopped, or 3 C. shrimp and omit ham
2 egg yolks, beaten
Lemon juice to taste

1. Cook mushrooms in butter, about 2-3 tbsp.
2. In a large heavy skillet, melt remaining butter and sauté onions and green onions until soft. Add flour and stir constantly — gradually add milk, salt, pepper and Tabasco plus the wine. Boil it up, reduce heat and stir to thicken sauce.
3. Add the shrimp, ham and mushrooms and stir. Remove from heat and beat in egg yolks. Blend all ingredients well and add some lemon juice to taste.

This can be prepared ahead of time. Very good over toasted English muffins or over rice. Serves 6-8.

LIME/GARLIC SHRIMP

2 lbs. raw, peeled shrimp
3 cloves garlic
½ C. butter or margarine, melted
2 tbsp. or more lime juice
Salt and freshly ground black pepper, to taste
Chopped parsley for garnish

1. Cook garlic in butter until tender. Remove from heat and add lime juice, salt and pepper.
2. Arrange shrimp in a single layer in a large baking pan. Pour sauce over shrimp.
3. Broil about 4 inches from heat for 8-10 minutes or until shrimp are pink. Baste frequently.
4. Garnish with parsley.
   Serves 4-6.

Shrimp may be cooked right in the pan in which the sauce is prepared. Simply add shrimp after sauce is cooked and sauté until shrimp are done.

NEW ORLEANS SHRIMP STEW

4 lbs. raw shrimp, peeled
3 tbsp. cooking oil
4 tbsp. flour
½ C. green pepper, chopped
3-4 green onions, chopped
1 med. onion, chopped
3 tbsp. chopped parsley
3 cloves garlic, pressed
9-oz. can whole tomatoes, including juice
2½ cans shrimp stock* or water
3 bay leaves, broken up
3 tsp. thyme
½ tsp. sugar
Salt and pepper, to taste
Juice of 1 lemon

1. Make a dark brown roux* with the flour and oil and then add green pepper, onions, parsley and garlic and sauté until tender.
2. Add tomatoes and juice, chopping the tomatoes as they cook.
3. Add stock or water and remaining ingredients. Bring to a boil and then lower heat and simmer 45 minutes.
4. Add shrimp and simmer 15 more minutes. Serve over rice.

Serves 6.

* *See Index.*

SHRIMP VERMOUTH

2-3 lb. raw shrimp, freshly peeled
2 tbsp. butter
2 tbsp. olive oil
4 cloves garlic, pressed
1 C. green onions, chopped
3 tbsp. parsley, chopped
½ C. dry vermouth
½ C. heavy cream
Salt and pepper, to taste

1. Heat butter and oil in heavy skillet and add garlic, green onions and parsley. Sauté until tender.
2. Add shrimp, stirring and turning constantly, until shrimp are pink and look done — about 5-10 minutes.
3. Remove shrimp with a slotted spoon and add cream and vermouth.
4. Turn heat to high and reduce sauce by half. Season with salt and pepper.
5. Return shrimp to skillet and heat through. Serves 3 to 4.

Delicious "as is" or served over toast or pasta.

BARATARIA SEAFOOD JAMBALAYA

- 3 lb. fresh shrimp, raw
- 1 lb. crawfish tails
- ¾ lb. smoked sausage or any good homemade sausage
- 2 tbsp. grease from sausage or bacon grease
- 1 lg. onion, chopped
- 4-5 green onions, chopped
- 1 med. green pepper, chopped
- 4-5 cloves garlic, pressed
- 4 tbsp. parsley
- 9-oz. can tomatoes, chopped, plus juice
- 2½ C. chicken or beef stock*
- ¼ tsp. chili powder
- 3 bay leaves
- 1 tsp. thyme
- 2 C. uncooked long-grain rice
- Salt, black pepper and lots of cayenne, to taste

1. Cook sausage, cut up or crumbled, remove from pan with slotted spoon and set aside.
2. Sauté onions, green pepper, garlic and parsley in grease until wilted. Add tomatoes. Simmer 5 minutes or so.
3. Add shrimp, crawfish and remaining ingredients, cover and bring to a boil. Reduce heat to low and cook 25-30 minutes, stirring occasionally, until rice is tender.

Serves 8.

* *See Index.*

SEAFOOD FETTUCINI

- 1¼ sticks butter
- 3 bunches green onions, chopped
- 10-12 tbsp. parsley, chopped
- 4 cloves garlic, pressed
- 5 lb. raw shrimp, peeled
- 1 lb. crawfish tails
- Juice of 1 lemon
- 1 C. heavy cream or Crème Fraîche*
- 4 artichokes, cooked, hearts coarsely chopped, leaves scraped
- Salt and pepper, to taste
- Grated Parmesan cheese, to taste
- 12 oz. package noodles, cooked & drained

1. Melt butter in heavy pot. Add green onions, parsley and garlic. Sauté over medium heat until tender.
2. Add shrimp and crawfish tails, sprinkle with lemon juice and continue cooking until shrimp are done and pink.
3. Add cream, artichoke and leaf scrapings. Season with salt and pepper and sprinkle with Parmesan.
4. Toss with noodles, or pour over the noodles to serve.

* *See Index.*

Lump crabmeat can be used instead of/or in combination with shrimp and crawfish. Or use each singly. Add a little white wine, if desired.

Serves 8.

TWO SEAFOODS/ MUSHROOM CASSEROLE

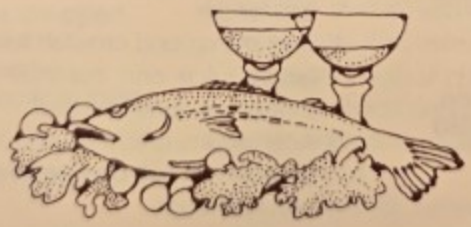
1 stick butter
½ C. flour
6 green onions, finely chopped
¼ C. parsley, chopped
2 C. heavy cream
½ C. white wine
½ C. fish stock* or 1 C. dry white wine
Salt, white pepper and Tabasco®
1 tbsp. lemon juice
2 lb. cooked fish, in large chunks — about 4 cups
2 C. cooked shrimp
½ lb. mushrooms, sliced
Bread crumbs
Paprika

1. In a large saucepan, make the sauce by melting the butter and stirring in the flour to make a white roux. Add onions and cook a few minutes — then the parsley and the cream. Allow to get hot stirring constantly. Then add the stock, or wine, salt, pepper and Tabasco. Simmer the sauce, letting it thicken. Turn off fire and add lemon juice.
2. In a casserole dish make layers of cooked fish, shrimp, sliced, raw mushrooms and sauce on top. Sprinkle last layer with bread crumbs and a little paprika to give the dish a little color. Make the dish ahead of time and when ready to serve, put it uncovered, in a 350° oven for about 30-40 minutes. If so desired you can put the dish in individual ramekins.

* *See Index.*

VARIATION: FOWL/ MUSHROOM CASSEROLE

The fish and shrimp can be substituted with cooked chicken or turkey. You can add some Swiss or Gruyere cheese to the sauce, making it a chicken Mornay. An excellent "company" dish as it is better prepared in advance and it's very rich. Can be served with rice, or just a big salad and hot French bread.



VEGETABLES, GRAINS, SALADS

VEGETABLES — Gently steamed and buttered or enhanced with a sauce, vegetables are an important part of a bayou country meal. Here you will discover exciting ways to bake, stuff or stew vegetables including those Creole favorites, okra and mirlitons.

GRAINS — Once considered a meal "filler or stretcher", grains prepared with imagination are epicurean delights. Rice seasoned with fresh seasonings in a stock, pasta touched lightly with creamed seafood, or corn in pudding are just a few suggestions you will find in Bayou Banquet.®

SALADS — With a wealth of vegetables and fruits from which to choose, salads are both appetizing and alluring. The salad recipes, and their dressings, in Bayou Banquet® will compliment any meal or can serve as a light summer main course.

Notes

ASHLAND LIMA BEANS IN SOUR CREAM

½ lb. pickled pork
1 lb. fresh lima beans, or 3 pkgs. frozen
1 clove garlic, pressed
1 C. sour cream
6 tbsp. butter, melted
5 tsp. dry mustard
3 green onions, chopped
3 tbsp. parsley, chopped
Salt and pepper, to taste

1. Cook lima beans in water to cover with the pickled pork and garlic seasoning. Cook just until tender, not broken — about 45 minutes to 1 hour. Or cook frozen beans according to package directions, with pickled pork and garlic for seasoning.
2. Drain beans. Reserve pickled pork for another use.
3. Combine remaining ingredients and mix with the beans.
4. Place in an ovenproof dish and bake at 350 degrees for 1 hour.

Delicious with pork or lamb.

ASPARAGUS BEURRE NOIR OR HOLLANDAISE

Fresh asparagus
1 C. beurre noir or hollandaise*

1. Snap tough stem end off of asparagus.
2. Cook in boiling salted water for 3 minutes — or steam for 6-7 minutes.
3. Serve hot with beurre noir or hollandaise.

* *See Index.*

TIP: BAKED ARTICHOKES

Boil artichokes, scrape leaves and cut hearts into bite-size pieces. Mix hearts with béchamel sauce into which you've incorporated the leaves' scrapings. Season with salt and pepper and place in an oven-proof casserole. Top with a sprinkling of bread crumbs, dot with butter and bake in a pre-heated 325 degree oven 20 to 30 minutes. Figure one artichoke per person.*

BAKED EGGPLANT WITH TOMATOES

2 eggplants
¾ stick butter
1 onion, chopped
3 green onions, chopped
½ green pepper, chopped
3 cloves garlic, chopped
2 tbsp. parsley, chopped
1 C. ham, chopped
3 tomatoes, chopped
1 egg, beaten
½ C. fresh bread crumbs, coarsely chopped
Salt, pepper and Tabasco,® to taste
Worcestershire
Lemon juice
1½ C. grated cheddar or other cheese

1. Peel and boil eggplant until tender. Drain and chop.
2. In a large skillet, melt butter and sauté onions, pepper and garlic until soft. Add the parsley, chopped ham and tomatoes and continue to cook over low fire — about 5-7 minutes.
3. Add the eggplant to the mixture and mix all together. Add the beaten egg, bread crumbs, and season with salt, pepper, Tabasco, Worcestershire, and a little lemon juice.
4. Put mixture in a casserole dish and top with grated cheese. Bake at 350 degrees for 30-40 minutes. Serves 6.

BAYOU STUFFED EGGPLANT

3 large eggplants
1-2 lb. cooked bacon, sausage, ham or shrimp or any combination
2-3 tbsp. butter or bacon grease
1 medium onion, chopped
1 bunch green onions, chopped
1 C. chopped green pepper
3 cloves garlic, pressed
3 tbsp. chopped parsley
6-8 slices stale French bread, soaked in water and squeezed dry
Dry bread crumbs
Butter

1. Peel eggplant and boil in salted water until tender — 15-20 minutes. Drain.
2. Gently sauté onions, garlic, green pepper and pasley until onions are transparent — about 5 or 10 minutes. Do not brown.
3. Add eggplant and chop it up as you add it. Cook gently about 5 minutes.
4. Add the French bread and also chop it into the mixture. Remove from heat.
5. Add chopped meat and/or shrimp. Mix well and place in an ovenproof casserole. Top with bread crumbs. Dot with butter.
6. When ready to serve, heat 20-30 minutes at 350°.

Try this recipe with white or yellow squash in place of eggplant!

BEETS IN SOUR CREAM

3-4 C. sliced, cooked beets, canned or fresh
½ C. sour cream
1 tbsp. prepared horseradish
1 tsp. onion, grated
1 tbsp. chives, chopped, optional
Salt and white pepper, to taste

1. In the top of a double boiler, combine all ingredients and heat. Serves 4-6.

If you like beets this recipe is very tasty, although cold beets with French dressing are hard to "beat"!

CAJUN ACORN SQUASH

½ acorn squash per person
Salt
Cinnamon
Nutmeg
Brown sugar, to taste

1. Bake squash at 350° until tender — 1 to 1½ hour, depending on size. Remove from oven, cool enough to handle and cut in half.
2. Remove seeds, sprinkle with seasonings and a little brown sugar and return to oven to heat again.

Delicious filled with creamed spinach.

CARROLLTON SPINACH RING

3 tbsp. butter
3 green onions, chopped
3 tbsp. flour
1 C. milk, warmed
¾ C. grated cheese
½ tsp. ground nutmeg
1 tbsp. lemon juice
2 eggs, well beaten
Salt and pepper, to taste
3 pkg. frozen, chopped spinach, cooked and well drained

1. Preheat oven to 375°.
2. Melt butter, add green onions and cook slowly a minute or two.
3. Add the flour and stir until blended.
4. Add the milk slowly, stirring constantly. Continue cooking and stirring until sauce is thickened.
5. Add cheese, nutmeg and lemon juice. Allow the mixture to cool 5 or 10 minutes.
6. When sauce is cool, add the eggs and the drained spinach and mix.
7. Pour into well-buttered 1-quart ring mold.
8. Place in a pan of hot water, bake 40 min.

RED HOT CAULIFLOWER

1 cauliflower, cut into florets
1 handful of pecans
1 stick of butter, softened
Salt and cayenne pepper
Lemon juice to taste

1. Cook cauliflower in boiling, salted water. Drain well.
2. In a blender make pecan butter by putting in pecans and grinding until quite fine. Add butter to make a smooth paste and season with salt and cayenne.
3. Put cauliflower in a skillet with enough pecan butter to coat the vegetable while heating it. Add a little lemon juice. Serves 4.

Remember, it's supposed to be red hot!

COLD GREEN BEANS AND MUSHROOMS

1½ lb. green beans, trimmed
¼ C. olive oil
⅛ C. wine vinegar
2 tbsp. Dijon mustard
1 tbsp. green onion, chopped
Salt and black pepper to taste
½ tsp. sugar
1 C. Gruyere cheese, shredded
1 C. fresh mushrooms, sliced

1. Blanche beans in boiling water and chill.
2. Combine oil, vinegar, mustard, onion, salt, pepper and sugar. Beat and pour over beans and coat them well. Add cheese and mushrooms and toss. Serves 6-8.

A good, cold vegetable dish, excellent for an accompaniment to a barbequed meat or poultry.

CORN PUDDING

2 tbsp. butter
¼ C. chopped onion
4 eggs, beaten
2 cans corn, cream style
1 tbsp. flour
1 tsp. baking powder
¼ C. sour cream
Salt, white pepper and Tabasco® to taste
Pinch of sugar

1. Melt butter in a saucepan and sauté onions until soft.
2. In a buttered casserole dish, add beaten eggs to the corn, then the flour and baking powder. Fold in sour cream and add the onions, the seasonings and sugar.
3. Bake, uncovered, in a pre-heated 325° oven for about 1 to 1½ hours. Test for doneness. Serves 6.

CREOLE GREENS

3-4 bunches greens, mustard, turnip, collard, etc., or a combination
1 large onion, chopped
½ lb. pickled pork or ham seasoning
1 clove garlic, pressed
Salt and pepper, to taste

1. Brown pickled pork or ham lightly and set aside.
2. Pick over greens and discard stems and tough parts.
3. Combine greens, onions and pork in large pot with water to cover and cook slowly, covered until tender. Add salt and pepper as needed. Drain. Serve with cornbread.

GREEN BEANS WITH HOT MUSTARD SAUCE

2 lb. fresh, green beans, trimmed
6 tbsp. butter
Salt, black pepper to taste
Hot mustard sauce*
Crumbled cooked bacon

1. Cook the beans, until tender — don't overcook! Add the butter, salt and pepper. Fold in desired amount of hot mustard sauce and lightly coat the beans. Top with crumbled, crispy bacon — serves 6-8.

* *See Index.*

TIP: PREPARING VEGETABLES

To prepare creamed vegetables of any variety, cook the vegetable until just barely done — steaming is best! And combine with basic white cream sauce or sauce veloute and season to taste. This may be placed in a casserole and reheated at 375° for 20-30 minutes, until hot.*

To cook any vegetable "au gratin", combine barely cooked vegetable with Mornay sauce. Place in buttered casserole, sprinkle grated cheese and bread crumbs over all and bake at 375° until slightly brown on top.*

"Au gratin" implies "cheese" to many, but was originally the term used for the crisp crust which forms as a result of the combination of the sauce and the bread crumbs and butter.

Experiment with the above information with onions, carrots, broccoli, spinach, etc.

* *See Index.*

FRIED EGGPLANT

1 lg. eggplant, peeled
Salt and black pepper
2 eggs, beaten
½ C. milk
½-¾ C. flour
¾ C. bread crumbs
Vegetable oil for frying

1. Cut eggplant in round slices about ¼" thick, or into strips. Put the eggplant in a bowl of cold water and soak for about ½ hour. Drain well and pat dry.
2. Make an eggwash with the milk and eggs beat together and season.
3. On a piece of waxed paper, place flour and next to it the bread crumbs. Lightly season both flour and bread crumbs.
4. Dip eggplant in flour, then in eggwash and finally in bread crumbs. Fry in hot oil until golden brown about 5 minutes. Remove with a slotted spoon and blot on paper towels. Serves 6 maybe — they are so good!

SNAPBEAN AMANDINE

2 lb. fresh snapbeans or
1 lb. package frozen snapbeans
½ stick butter
4 tbsp. flour
¾ C. clear chicken or beef stock* or
1 C. light cream, warmed
2 oz. Gruyere cheese
2 tbsp. sherry
Salt and white pepper, to taste
Dash nutmeg
½ C. Parmesan or Romano cheese, freshly grated
½ C. bread crumbs
½ C. toasted almonds

1. Cook snapbeans in boiling water until tender. It depends on how crunchy you like them as to the time for cooking snapbeans. Drain well and put in a large buttered casserole dish.
2. Melt butter, add flour and cook over medium heat for about 5-7 minutes — stirring constantly.
3. Add warm cream and stock and beat with a whisk until well blended. Bring sauce to a boil and add Gruyere cheese and stir until sauce is thick and smooth.
4. Remove from heat and add sherry, salt and white pepper and a dash of nutmeg — pour over snapbeans and gently toss.
5. Mix bread crumbs and Parmesan or Romano cheese together and spread on top of the dish. Top with almonds and bake uncovered for about 30 minutes in 350° oven.

TIP: SIMPLE VEGETABLES

Lemon juice is an excellent addition to most vegetables, it not only brings out the flavor, but you don't need excess salt or butter.

GENTILLY SQUASH CASSEROLE

4 C. yellow, white squash, zucchini, or a combination, sliced
4 tbsp. butter
2 green onions, chopped
1 C. grated cheddar cheese
½ C. sour cream
Salt and pepper, to taste

1. Cook squash in salted water until tender — 3-5 minutes. Drain well.
2. Melt butter, add onions and cook a minute or two. Remove from heat and add cheese and then sour cream. Mix well.
3. Gently toss the squash with the butter mixture, season to taste and place in a buttered oven-proof dish.
4. Bake 350 degrees for 30-40 minutes. Serves 6.

GOOD LUCK BLACKEYE PEAS

1 lb. pack dried blackeye peas
2 tbsp. oil
1 lb. pickled pork
1 large onion
1 stalk celery
2 cloves garlic, minced
8 C. water
1 bay leaf, crushed
Pinch of thyme
Salt and pepper to taste
Garlic salt

1. Rinse and sort beans.
2. In a large pot, melt oil and fry down pickled pork — cut in pieces — for about 10 minutes. Add onion, celery, garlic and continue to cook for about 5 minutes.
3. Add water and the beans. Bring to a boil and reduce heat. Put in thyme and bay leaf, cover and simmer for about 2 hours. Beans should be creamy and soft.

Leftover beans with a little French dressing added are a delicacy!

OKRA INFORMATION:

Okra is a plant of the mallow family, very popular in southern United States where it is cultivated and eaten as a vegetable. Okra, or ladies fingers, as it was sometimes known, should always be blanched or cooked. It is wonderful cold in a salad with oil and vinegar, or stewed down with tomatoes. But in the bayou country, it is best known when utilized in the making of Creole Gumbo.

IBERIA JALAPEÑO SPINACH

3 packages frozen chopped spinach, cooked, reserve liquor
4 tbsp. butter
2 tbsp. flour
3 green onions, finely chopped
½ C. evaporated milk
½ C. spinach liquor
¾ tsp. celery salt
¾ tsp. garlic salt
Salt and pepper, to taste
6-oz. roll of jalapeño cheese, in small pieces
1 tsp. Worcestershire
Cayenne, to taste
Bread crumbs

1. Melt butter, add flour and stir until smooth. Do not brown.
2. Add onions and cook until tender, but not brown.
3. Add milk and spinach liquor slowly, stirring constantly and cook until fairly thick.
4. Add seasonings and cheese and stir until cheese melts.
5. Combine with spinach in ovenproof casserole. Top with bread crumbs.
6. Bake at 350° just until hot — about 30 minutes.

This is more flavorable if made a day ahead. Cooked, fresh or frozen, artichoke hearts may be added to this.

This may be served as an hors d'oeuvre in a chafing dish — with thin toast as an accompaniment.

JERUSALEM ARTICHOKES AU GRATIN

1 lb. Jerusalem artichokes
4 tbsp. butter
4 tbsp. flour
1½ C. milk
¼ C. heavy cream
Salt, white pepper and Tabasco,® to taste
Nutmeg
2 tbsp. onion, grated
1 C. Swiss or Gruyere cheese, grated
1 egg yolk

1. Peel the artichokes and boil them whole in salted water. Simmer until tender but crispy — about 15 minutes.
2. Melt 3 tablespoons butter and add flour. Proceed to make the cream sauce by adding the milk and cream and whisk until smooth. Season to taste.
3. In a saucepan melt 1 tablespoon butter and sauté the onions until limp. Cut the artichokes in bite-sized wedges and add to the onions.
4. Pour in the sauce and three-fourths of the cheese and stir until melted. Add the egg yolk. Pour mixture into baking dish, sprinkle remaining cheese on top. Run under the broiler until hot and bubbly. Serves 6.

LES CAROTTES DOUCES

2 lbs. carrots
1¼ sticks butter
1 onion, chopped
6 tbsp. dark brown sugar
2 tbsp. yellow mustard
Salt and pepper

1. Scrape carrots and cut in half, then in strips lengthwise. Boil in salted water until tender. You might like them a little crispy. Drain.
2. In a large skillet melt butter and sauté onions until soft. Add sugar, mix well, then add mustard. Return carrots to the skillet, salt and pepper and heat well before serving.

This is a simple, delicious way to cook carrots. Much more than it sounds! Serves 6-8.

MAGAZINE STREET CABBAGE MORNAY

1 large green cabbage, chopped
1 large onion, chopped
1-1½ C. mornay sauce*
Salt and pepper, to taste
Bread crumbs
Parmesan cheese

1. Cook cabbage and onion in salted water to cover, until tender.
2. Combine cabbage and onion with mornay sauce, season with salt and pepper and place in a buttered casserole. Sprinkle the top with bread crumbs and Parmesan cheese.
3. Bake at 375° for 30 minutes. Serves 6-8.

* See Index.

MAQUE CHOUX

½ C. bacon drippings
½ C. chopped onions
2 packs frozen corn kernels
4-5 fresh, ripe tomatoes
Salt, black pepper to taste
1 tsp. sugar

1. In a large skillet, melt bacon grease and sauté onions about 5-7 minutes. Add corn and cook on a low fire — about 15 minutes.
2. Peel and skin the tomatoes and chop. Add them to the onion/corn mixture and continue to stir and cook for about 5 minutes. Add seasoning and sugar. Serves 6.

An old time Creole favorite with a strange sounding name, but a distinctive taste.

METAIRIE SWEET AND SOUR BRUSSEL SPROUTS

- 3 packages frozen Brussel sprouts or two 14-oz. pkg. fresh sprouts
- ½ lb. bacon
- ⅓ C. white vinegar
- 3-4 tbsp. water
- 2 tbsp. sugar
- ½ tsp. dry mustard
- Salt and pepper, to taste

1. Cook Brussel sprouts until tender in salted water. Keep hot.
2. Fry bacon and set aside. Reserve 2 tablespoons grease.
3. Combine bacon grease with all other ingredients and bring to a boil. Stir and cook until slightly thick.
4. Serve Brussel sprouts with hot sauce poured over and bacon crumbled on top.

MONDAY RED BEANS

- 1 lb. pickled pork
- ½ lb. smoked sausage, sliced
- 1 lb. red beans
- 3 qt. water
- 1 large onion, chopped
- 4-6 green onions, chopped
- 3 cloves garlic, pressed
- 6 tbsp. parsley, chopped
- Salt and freshly ground black pepper, to taste
- Tabasco® to taste

1. Brown the pickled pork quickly. Remove from skillet.
2. In same skillet, cook sausage about 5 minutes. Discard the grease.
3. In a large pot, combine the pork and the sausage, with all the remaining ingredients.
4. Cook on medium to high heat 1 hour.
5. Reduce heat to medium and cook one more hour, stirring frequently, particularly toward the end of the cooking time, to prevent burning. Serve over rice.

White beans are cooked by the same recipe. However, they cook more quickly, so the cooking time is shorter.

INFORMATION: For over a century, red beans have been a New Orleans Monday staple. The Sunday ham bone and scraps were used for seasoning — making do! — and Mondays were laundry days, a day to cook a food that particularly cared for itself and is a custom.

NUTTED BRUSSEL SPROUTS

- 2 packs fresh Brussel sprouts or frozen
- 1 large turnip, slivered
- 1 bunch leek (greens) cut in 1 inch squares
- 4 tbsp. walnut oil
- 3 tbsp. chopped walnuts or pecans
- Salt, black pepper to taste
- Fresh dill
- Lemon juice, optional

1. Steam all vegetables until crunchy. Toss vegetables in walnut oil until hot and add salt, pepper and sprinkle some fresh dill over all. Add a little lemon juice for a tangy taste. Serves 6-8.

Excellent compliment with pasta.

PETITS POIS AVEC JAMBON

- 1 C. diced ham
- 2 tbsp. butter
- 1½ tbsp. flour
- 1 small onion, finely chopped
- 2 cans little green peas, drained
- ½ (16-oz.) can tomatoes, drained and chopped
- ½ C. fresh mushrooms, sliced
- ½ tsp. sugar

1. Melt butter and brown ham and remove. In drippings, lightly brown the flour, then sauté onion.
2. Add peas, tomatoes, mushrooms and ham. Cook over medium heat for about 15-20 minutes.
3. Salt and pepper to taste and add sugar. If desired, you can add more butter. Serves 6-8.

PRYTANIA BROCCOLI SOUFFLÉ

3 (10-oz.) pkgs. frozen chopped broccoli or 2 bunches fresh
¾ C. beef stock or bouillon*
¾ C. whipping cream
½ C. butter
½ C. flour
4 eggs, separated
2 tsp. parsley, chopped
4 tbsp. green onions, chopped
Salt and pepper, to taste
¾ C. grated cheese

1. Cook and drain broccoli.
2. Preheat oven to 425 degrees.
3. Add stock or bouillon to cream and scald.
4. Melt butter and blend in flour. Gradually add cream mixture, stirring constantly, until thickened.
5. Remove from stove and cool for 15 minutes. When cool beat in egg yolks, parsley, onion, salt, and pepper.
6. Stir in broccoli and cheese. Can be made ahead to this point.
7. When ready to serve, fold in stiffly beaten egg whites and turn into buttered casserole.
8. Bake for 25-30 minutes. Serves 10.

RATATOUILLE

1 large eggplant
2-3 medium zucchini
2 large onions, sliced thinly
2-3 cloves garlic, minced
2-3 bell peppers, red preferably, sliced thinly
3-4 tomatoes, peeled and sliced
⅓ C. parsley, chopped
Salt and black pepper
Olive oil
Ground coriander

1. Peel, cut into strips, salt and let drain, the eggplant and the zucchini.
2. While they are draining, peel, cut and assemble the onions, garlic, peppers and tomatoes.
3. In a large skillet, brown the drained eggplant and zucchini in olive oil. Remove them, add more oil and cook the onions and peppers until tender, not browned. When very tender, add the garlic and let it simmer. Add tomatoes and let them cook down until they are no longer watering. Season with salt and pepper.
4. In a casserole dish, make a layer of the onion, pepper and tomato mixture. Sprinkle with some chopped parsley and a pinch of ground coriander. Next, layer the zucchini and eggplant. Cover with tomato, onion mixture, parsley and coriander again — repeat until you have used up all ingredients.
5. Cover the casserole and cook it slowly in the oven for 15-20 minutes. This casserole can be prepared ahead of time and cooked the last 20 minutes before serving. Serves 6-8.

RIVER ROAD CABBAGE AND APPLES

1 red cabbage, shredded
2 tbsp. vinegar
1 tbsp. salt
2 tbsp. unsalted butter
1 medium onion, finely chopped
2 cooking apples, peeled, cored and chopped
1 tbsp. sugar
4 whole cloves
2-3 bay leaves
¼ tsp. thyme
Pepper, to taste
½ C. water

1. Combine cabbage, vinegar and salt and set aside for 30 minutes.
2. Melt butter and sauté onion.
3. Combine all ingredients, bring to a boil. Lower heat, cover and simmer slowly for an hour.

This is best made a day ahead.

SMOTHERED CABBAGE WITH POTATOES AND CARROTS

1 lb. pickled pork, cut in 1 inch cubes
2 tbsp. oil
1 medium onion, chopped coarsely
¼-½ C. water
1 large head of cabbage, quartered
2 C. raw carrots, thickly sliced
4 medium potatoes, peeled
Salt, black pepper and Tabasco® to taste

1. In a deep, heavy dutch oven type pot, fry the pickled pork in a little bit of oil. Remove and set aside.
2. Add remaining oil and sauté the onions until transparent. Add the water, cabbage and pickled pork. Cover and cook slowly over a low fire. Remember that cabbage throws off a lot of liquid, so you don't want to add too much water — cook for about half an hour stirring occasionally.
3. Add the carrots and the potatoes and continue to cook covered until the vegetables are tender — about 30-40 minutes. Add the salt, pepper and Tabasco to taste. Serves 4.

You can use smoked sausage or ham in the dish. This is a hardy feast if you have baked apples and cornbread to accompany the cabbage.

SOUTHERN BAKED ONIONS AND POTATOES

6 medium potatoes, unpeeled
6 medium onions
½ C. butter or margarine, melted
1 clove garlic, pressed
Salt and pepper, to taste
¼ tsp. celery seeds
¼ tsp. paprika

1. Cut potatoes and onions into ¼ inch slices.
2. Alternate potato and onion slices, slightly overlapping, in a single layer in a 9 x 13" baking dish.
3. Combine next four ingredients and drizzle over potatoes and onions.
4. Cover and bake at 400° for 40 minutes.
5. Uncover, sprinkle with paprika and bake an additional 20 minutes. Serves 8.

SOUTHERN SWEET POTATO CASSEROLE

8 sweet potatoes
1½ sticks butter, softened
½ C. sugar, white or brown
1 C. warm milk
3 eggs
1 tsp. nutmeg
1 tsp. cinnamon
¼ tsp. salt
2 tbsp. sherry
Marshmallows, optional

1. Boil sweet potatoes until tender, about 30 minutes. Cool and peel and place in a large mixing bowl and mash thoroughly, slowly adding the softened butter. If you like your potatoes super-smooth, put them in the food processor.
2. In a large measuring cup, beat eggs, add milk, nutmeg, cinnamon and salt. Add this mixture to potatoes and mix well. Depending on your sweet tooth you can add more sugar or more butter, if you desire. Add sherry into the mixture and place into a casserole dish. Top with a sprinkling of cinnamon and add sugar on top.
3. Bake in a 350° oven for about 45 minutes.
4. If your family is fond of marshmallows, when potato casserole has baked for about 25 minutes, arrange marshmallows about ½ inch apart and return to oven and bake until the marshmallows are toasted delicately — about 20 minutes.

This casserole is a must for Thanksgiving or Christmas dinners with turkey or game.

SPINACH CASSEROLE AU MARIE

2 packs frozen chopped spinach
8-oz. Philadelphia cream cheese
1 stick butter, divided in half
Salt and red pepper to taste
Lemon juice
Pinch of nutmeg
1 C. herb seasoned bread crumbs

1. Cook spinach and drain well. The secret is draining all of the water out of the spinach.
2. Soften cheese and mix with half the butter. In a casserole dish add spinach and mix cheese/butter into the spinach. Salt and pepper to taste and add lemon juice and nutmeg. Mix well.
3. Top with herb bread crumbs; melt and pour over the remaining butter. Bake at 325 degrees for about 20-30 minutes, until hot. Serves 4-6.

This is a wonderful casserole that can be prepared ahead of time. It is very rich. You can stuff whole tomatoes with the spinach if desired.

STEWED OKRA

3 lb. fresh okra, thinly sliced
⅓ C. bacon drippings
2 tbsp. margarine
1 C. chopped onions
2 cloves garlic, minced
½ C. finely chopped celery
2 lb. fresh, ripe tomatoes cut into pieces
Salt, black pepper and Tabasco,® to taste
Pinch of sugar

1. In a large skillet, fry okra in bacon drippings, stirring constanbtly until "ropiness", which is a quality of okra, is gone — 20 minutes or so.
2. Add margarine, onions, garlic and celery and cook over low fire until transparent — about 15 minutes.
3. Add tomatoes and continue to cook about 10 minutes and add salt, pepper and Tabasco. Simmer covered for another 15 minutes, stirring occasionally. Add sugar.

This okra dish can be prepared ahead of time and reheated before serving. Cooked corn kernels can be added to this dish.

TIP: FRYING OKRA

To fry okra, wash, drain and slice okra. Dust with flour — corn flour is best! Toss okra in a bowl containing a wash of 1 tablespoon water to 1 beaten egg. Remove okra and toss in a mixture of corn meal, salt and pepper. Fry in hot bacon grease, oil or a combination. Drain on paper towels. Serve hot!

STEWED TOMATOES

6 large ripe tomatoes, skinned and quartered
3 tbsp. butter
1 large onion, chopped
Salt and pepper to taste
1½ tbsp. sugar
2 slices white bread, torn in small pieces

1. In a saucepan melt the butter and add the onions and the tomatoes. Cook over a low fire until tender, about 15 minutes.
2. Add the salt, pepper, sugar and the bread pieces. Cook about 5 minutes more, combining and chopping ingredients. Serves 4.

This is a good side dish to be eaten with meat or poultry.

Notes

STUFFED BAKED MIRLITON CASSEROLE

6 mirlitons
4 tbsp. bacon grease
2 tbsp. margarine
1 large onion, chopped
1 stalk celery, chopped
¼ C. parsley, chopped
½ tsp. garlic powder
2 dozen raw shrimp, peeled and coarsely chopped
Salt, pepper and garlic salt to taste
¾ C. fresh bread crumbs
2 eggs
½ stick butter

1. In a large pot, cover mirlitons with water and boil under tender — about 1 hour. Cool and cut in half lengthwise. Scoop out pulp and discard the seeds. For a casserole dish such as this, throw away the skins. However, you can stuff the skins with the finished mixture if desired.
2. In a large skillet, melt bacon grease and 2 tablespoons of margarine and sauté onion, celery and parsley until soft, about 10 minutes. Add the mirliton, stir and chop up mirliton. Salt and pepper to taste.
3. Add ½ cup bread crumbs and well beaten eggs. Mix thoroughly.
4. Transfer mixture to a buttered dish and cover with bread crumbs, dot with cut up butter and bake in a pre-heated 325° oven for 45 minutes to 1 hour. Bread crumbs should be brown. Serves 6-8.

This dish can be prepared ahead of time and freezes well. Crabmeat or ham can be used in this dish or baked mirliton is also good without the seafood or the ham. Try it plain!

INFORMATION: Mirliton or vegetable pear, as it is called in this area, is known as chayote in other regions. Chayote is a name given to a vine of the gourd family, widely cultivated in tropical America. The fruit is in the form of a large, green pear with deep ribbing.

STUFFED TOMATOES

- 8 ripe tomatoes
- 3-4 tbsp. butter
- 6 green onions, chopped finely
- 3 tbsp. parsley, chopped finely
- 1 tbsp. fresh basil, minced
- Salt and black pepper to taste
- 1½ C. fresh bread crumbs, coarsely chopped
- 1 tbsp. Worcestershire
- Freshly grated Parmesan or Romano cheese

1. Wash, dry tomatoes and cut off the tops. With handle end of a small spoon, scrape out pulp, being careful not to pierce sides of tomatoes. Salt the cavities and set tomatoes upside down on a paper towel to drain for 30 minutes. Reserve pulp.
2. In a skillet on top the stove melt butter and sauté green onions and parsley until soft. Add chopped tomatoes, pulp, basil, salt and pepper to taste. Add bread crumbs and mix well. Incorporate Worcestershire and cook down for about 5 minutes.
3. Stuff mixture in tomatoes. Sprinkle more bread crumbs on top and add cheese. Dot with butter, place in baking dish and add a little water to keep tomatoes from sticking. Bake at 350 degrees for 25-30 minutes or until crumbs are brown and tomatoes are tender. Serves 8.

Tomatoes can be stuffed with creamed spinach.

STUFFED TOMATOES WITH ASPARAGUS

6 medium Creole tomatoes
2 (10½-oz.) cans green asparagus tips
4 celery stalks
½ C. mayonnaise*
1 tsp. lemon juice
Salt, black pepper and Tabasco®
Worcestershire
1 hard-boiled egg
4 bacon slices
Parsley, to garnish

1. Hollow out the insides of the tomatoes — do not peel — and turn them over on a rack or paper towel to drain. Drain well!
2. Drain the asparagus well — they will have lots of water. The secret to this recipe is actually pressing the asparagus and getting out all liquid. Don't worry about keeping them whole. They are supposed to be mashed and even stringy!
3. Cut up celery and chop coarsely. You want big crunchy pieces for consistency.
4. In a bowl, put in mayonnaise — you have to judge the desired amount — lemon juice and Worcestershire. Add the asparagus and the celery and mix well. Cut up the egg and add four slices of cooked bacon, crumbled.
5. Stuff the tomatoes with the asparagus mixture and garnish with a small piece of parsley. Serves 6 on a summer night with barbequed ribs or chicken and lots of hot bread.

* *See Index.*

TIP: SUMMER SUCCOTASH

Summer succotash is a simple dish for barbeque dinners. Cook lima beans and corn kernels. Add salt, black pepper and lots of good butter and a dash of sugar.

SWEET AND SOUR BEETS

3-4 C. sliced, cooked beets—canned or fresh
½ C. sugar
1 tbsp. cornstarch
½ tsp. salt
2 whole cloves
6 tbsp. strong vinegar
4 tbsp. cream
Salt to taste
2 tbsp. butter
1½ tbsp. orange marmalade

1. In a double boiler combine and stir until smooth the sugar, cornstarch, salt, cloves, vinegar and cream.
2. Add the beets and heat well. Put in the butter and the marmalade and stir to coat beets. Serves 4-6.

THIBODAUX CAULIFLOWER AU GRATIN

1 head cauliflower
2 green onions, chopped
Mornay sauce*
1 C. cheddar cheese, grated
Salt and pepper, to taste
Bread crumbs

1. Cook cauliflower in salted water or in a steamer until just barely tender. It should still be quite crisp. Drain.
2. Prepare mornay sauce, adding green onions to melted butter just before adding flour.
3. Combine cauliflower and sauce in a buttered casserole. Sprinkle grated cheese and bread crumbs over all.
4. Bake at 375° for 30-40 minutes, until cheese is melted and slightly browned.

* *See Index.*

WESTBANK MIRLITON-TOMATO CASSEROLE

2-3 fresh mirlitons
4 fresh tomatoes, cut up
2-3 tsp. brown sugar
2 tbsp. bacon grease
1 onion, chopped
2 tbsp. butter
1 C. bread crumbs
1 C. grated cheddar cheese
2 eggs, beaten
Sprinkling of Parmesan cheese

1. Cook mirliton in salted water. Peel, cut in bite-sized pieces and combine with tomatoes. Season with salt and pepper and sprinkle with brown sugar.
2. Sauté onion in bacon grease and butter for 2-3 minutes. Combine with bread crumbs, grated cheese and eggs.
3. Combine mirliton/tomato mixture with bread crumb mixture in a greased casserole. Sprinkle a little Parmesan cheese and a few more bread crumbs on top, dot with butter and bake at 375 degrees for 30-40 minutes. Serves 6-8.

ZUCCHINI CASSEROLE

8 C. diced zucchini
1 green pepper, chopped
1 large onion, chopped
1 C. grated sharp cheddar cheese
½ C. olive oil
1 tbsp. minced fresh basil
2 large eggs, well beaten
Salt, black pepper and Tabasco® to taste
½ tsp. sugar

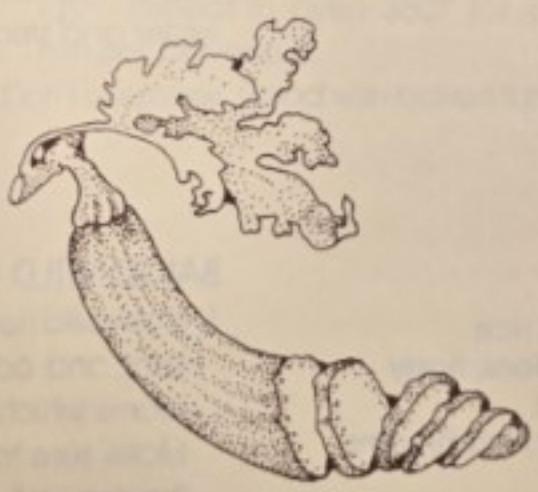
1. In a large bowl combine zucchini, green pepper, onion, bread crumbs, cheese, oil, basil and eggs. Salt, pepper and Tabasco to taste and continue to mix well.
2. Preheat oven to 350 degrees and place zucchini mixture in a lightly buttered baking dish. Sprinkle a few bread crumbs on top. Bake for about 45 minutes or until top is browned. Serves 6-8.

You can substitute yellow squash or eggplant for the zucchini. Can be prepared ahead of time and baked at the last minute.

ZUCCHINI, YELLOW SQUASH, TOMATO MEDLEY

1 stick butter
1 large onion, sliced thin
16-oz. can whole tomatoes, drained and chopped
4 medium zucchini, sliced
4 medium yellow squash, sliced
Salt, pepper and garlic salt
1 tsp. sugar
1 tsp. lemon juice
2 tbsp. freshly grated Italian or Romano cheese

1. Melt butter in a large skillet and add onion and tomatoes. Cook for about 5-7 minutes. Add zucchini and squash, salt and pepper, cover and cook for about 10-15 minutes over medium heat until vegetables are tender.
2. Add sugar and lemon juice and stir. Top with grated cheese. Serve hot. Serves 6-8.



ALMOND/MUSHROOM RICE

3 C. long grain, raw rice
4 bacon slices
2½ C. yellow onion, chopped
½ C. green onions, chopped
1 C. celery, chopped
2 C. fresh mushrooms, washed and sliced
1 medium green pepper, chopped
½ C. chopped almonds
½ tsp. basil
¼ C. fresh parsley, chopped
Salt and pepper to taste

1. Cook rice in boiling, salted water. Put into a colander, rinse with cool water to remove excess starch and drain well.
2. In a heavy saucepan, fry bacon, then remove, crumble and set aside. In the bacon drippings, sauté yellow onions until brown; add celery, green onions, green pepper and continue to sauté about 5 minutes; stir in almonds and sauté 3 minutes, then add mushrooms and cook an additional 3 minutes. Add bacon and basil.
3. Add rice to the seasoned mixture and toss well. Salt and pepper to taste. You can put this mixture in a casserole and heat in the oven at 325°-350°. Don't over bake or you will dry out the rice. Serves 10-12.

A good dish to serve with smoked brisket, a beef roast or barbequed chicken. Can be made ahead of time.

TIP: COOKING CREOLE RICE

How to cook rice Creole style. Boil salted water, add rice and cook over medium heat until grains are just tender. Don't overcook or the rice will be mushy. Always make sure you have plenty of water — 1 cup of rice to about 4 cups of water. When the rice is done, transfer it to a colander and immediately rinse in tap water. This is done to remove the excess starch. Drain well. To reheat put the rice in the colander over a pot of boiling water and steam.

BAKED WILD RICE

1 pkg. wild rice
3 green onions, finely chopped
1 pint sliced mushrooms
Butter
Salt and pepper, to taste

1. Cook wild rice according to package directions and combine with onions and mushrooms which have been sautéed in butter. Make sure to use enough butter to moisten the rice well. Add seasonings.
2. Bake in greased casserole, until hot — 350°.

CROWLEY HERB RICE

1 C. uncooked rice
2 beef bouillon cubes
½ tsp. salt
½ tsp. rosemary
½ tsp. marjoram leaves
½ tsp. thyme leaves
1 tsp. green onions, chopped
1 tbsp. butter

1. Combine all ingredients with 2 cups cold water in heavy saucepan.
2. Turn heat high. When mixture comes to a boil, reduce heat to low. Stir once, with a fork.
3. Cover tightly and simmer 12-14 minutes or until all liquid is absorbed. Serves 4-6.

DIRTY RICE

2 C. long grain, raw rice
2 bacon slices, cut in small pieces
1 lb. chicken livers, chopped
½ lb. chicken gizzards, chopped, optional
½ stick butter
½ C. onions, chopped
½ C. green onions, chopped
½ C. celery, chopped
¼ C. parsley, chopped
Salt, black pepper and garlic salt to taste
Season-all
Lemon juice

1. Cook the rice in about 6-8 cups boiling salted water until tender. Rinse and drain in a colander. Set aside.
2. In a large skillet, cook the bacon pieces and half way through, add the chopped livers and gizzards. You may need a little extra butter. Cook until tender and remove.
3. Melt ½ stick butter in the sauce skillet, and add the onions and green onions. Sauté for about 5-7 minutes and add celery and parsley and continue to cook.
4. When vegetables are very soft — almost brown — add the chopped livers, gizzards and bacon, mix well and season to taste. A little lemon juice sprinkled over the top is tasty. Reheat in oven 350° for about 20 minutes. Serves 6-8.

Don't overcook. Good with baked turkey.

FANCY JENNINGS RICE

1 C. uncooked rice
1½ C. beef or chicken stock*
1 C. green onions, finely chopped
5-oz. can sliced water chestnuts, drained
1 C. mushrooms, freshly sliced, sautéed in a little butter
2 tbsp. parsley, finely chopped
½ stick butter, melted

1. Combine all ingredients and bake uncovered, at 350° for 45 minutes.

* See Index.

TIP: COOKING PASTA

When cooking pasta, use a large amount of water and add a little oil — 1 teaspoon per quart of water, approximately. Bring water to a boil and add pasta slowly, so that water continues boiling. Cook pasta until tender, but firm. Do not overcook!

GREEN RICE

2 C. long grain raw rice
1 stick butter
1 large onion, chopped
6 green onions, chopped
½ C. chopped parsley
3 large stalks celery, chopped — about 1 cup
Salt, black pepper to taste

1. Cook the rice in 6 to 8 cups boiling, salted water until tender. Put rice in a colander, rinse it in cool water to get rid of excess starch and let it drain some more.
2. In a separate skillet on top the stove melt the butter and sauté the onions for about 5 minutes or so. Add parsley and celery and continue to cook on a low fire. You want the celery to be a little crunchy so don't overcook. Add salt and pepper. Remove from heat and fold in the rice and mix well.
3. Put in a casserole dish and heat in the oven about 20 minutes before serving. Serves 6-8.

This rice dish can be prepared ahead of time. It is good with anything — fish, game, poultry, ham, etc. Try putting a few pieces of cooked shrimp or diced ham with the rice and you have a meal!

ORANGE RICE

½ C. raisins soaked in sherry
1 stick butter — more may be needed
2 chicken bouillon cubes
1 C. onions, chopped
1 C. celery, chopped
1 tbsp. grated orange peel
3 C. cooked rice
Salt and white pepper to taste

1. Soak the raisins in the sherry for about an hour.
2. In a large saucepan, melt butter and crush two chicken bouillon cubes into it. Add onions and sauté for about 5 minutes; then add celery and continue to sauté over low fire.
3. When the vegetables are soft add the orange peel and cook for about 5 minutes.
4. Fold in the rice and combine all ingredients well including the drained raisins. You can prepare this ahead of time. To reheat put in a casserole dish and heat in oven for about 20 minutes. Don't overheat! Serves 6-8.

SIMPLE GREEN RICE

1 C. uncooked rice
3 tbsp. melted butter
6 tbsp. finely chopped parsley
5 tbsp. finely chopped stems of green onions
Salt and pepper, to taste

1. Cook rice to package directions,* rinse and combine with remaining ingredients.
2. Bake in ovenproof dish at 350° until hot — about 30 minutes. Serves 6.

* *Or see Index.*

GOLDEN POTATO CASSEROLE

6 large Irish potatoes
¼ C. butter or margarine
2 C. grated cheddar cheese
2 C. sour cream
⅓ C. green onions, chopped
Salt and pepper, to taste

1. Cook potatoes until tender, but not too soft. Chill them well, then peel and grate the potatoes.
2. Combine butter and cheese over low heat until almost melted. Remove from heat and blend in sour cream, onions, salt and pepper.
3. Pour sauce over potatoes in a lightly greased casserole bowl and mix gently so as not to mash potatoes.
4. Bake 45 minutes at 350 degrees. Serves 12-15.

POTATOES AU GRATIN

8 medium-sized potatoes
3 C. cream sauce*
1 onion, sliced thinly
Salt and pepper to taste
1½ C. grated Swiss cheese
½ C. bread crumbs
Paprika
Butter

1. Preheat oven to 325 degrees.
2. Peel and slice potatoes, about ¼ inch thick. Boil in salted water until just tender. Drain well.
3. Make 3 cups cream sauce. Add extra salt, pepper and Tabasco.
4. Butter a large casserole dish and layer potatoes and onion slices. Pour over this mixture the cream sauce — evenly.
5. Sprinkle cheese and top with bread crumbs, paprika and dot with butter. Bake for 30 minutes until hot. Run under the broiler for a few minutes to brown the toppings. Serves 6-8.

* *See Index.*

POTATO PANCAKES

6 medium potatoes, peeled
3 eggs
1 small onion, chopped
¾ C. flour
Salt and red pepper, to taste
Dash of nutmeg
Oil for frying

1. Grate or shred potatoes into a bowl filled with cold water. Cold water keeps potatoes from turning dark and helps to make them crispy.
2. In another bowl, combine eggs, onion, flour, salt, red pepper, and nutmeg. Drain potatoes well. Beat potatoes into flour mixture to make a batter.
3. Heat a thin layer of oil in a skillet. Spoon batter by heaping spoons into oil and spread into a round shape with back of spoon.
4. Brown on both sides slowly. Drain well on paper towel. Serves 4-6.

This hearty German side-dish is delicious with barbeques and don't forget the applesauce!

BAKED MACARONI

12 oz. macaroni
2 eggs
1 C. milk
½ C. half and half cream
¾ stick butter
Salt, white pepper and Tabasco®
1½ C. grated sharp cheddar cheese

1. Boil macaroni in salted water until tender and drain well.
2. Beat eggs into the milk and cream. Put the drained macaroni into a casserole dish and pour in the egg/milk mixture. Melt the butter and mix it well into the dish. Season and sprinkle cheese on the top.
3. Bake in a preheated 350 degree oven about 45 minutes to 1 hour or until set. Serves 6.

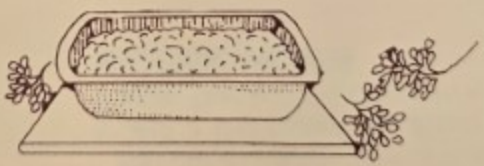
An old stand-by that is wonderful with barbequed meat dishes, pork and beef roasts. Good to feed a hungry family.

BLUE CHEESE FETTUCINI

1 stick butter
2 tbsp. chives
3 green onions, chopped
2 tbsp. parsley, chopped
4-oz. blue cheese
8-oz. sour cream
Sliced ripe olives
Salt, pepper to taste
10 of 12-oz. noodles cooked in chicken broth

1. Melt butter and sauté onions, chives and parsley for a minute or two.
2. Crumble cheese into butter and stir over medium heat until melted. Remove from heat.
3. Add sour cream, olives, salt and pepper and combine with noodles.

This may be prepared ahead and re-heated in a moderate oven.



SPAGHETTI ALLA CARBONARE

6 oz. spaghetti, noodles or macaroni
2 oz. olive oil
4-6 oz. bacon, cut into cubes — or ham or proscuitto
1 clove garlic, crushed
Pinch of red pepper flakes
2 eggs, well beaten
Light cream
Salt and black pepper, to taste
Grated Parmesan or Romano cheese

1. Prepare to cook the pasta. Fill a large pot with water, adding salt and a drop of oil.
2. At the same time, in a large skillet on top the stove, slowly brown the bacon in the olive oil with crushed garlic and add the pepper flakes. As soon as it is done remove pan from fire, take out garlic and cool a little.
3. Cook the pasta and beat the eggs, adding salt and pepper when the pasta is cooked and well drained. Put the pasta in the bacon and oil mixture and mix it a few times to distribute the bacon.
4. Pour the beaten eggs into the hot noodles and stir to distribute — you don't want the eggs to cook hard. Add cream to smooth the mixture out and sprinkle on the cheese. Check for seasoning and serve immediately. Serves 4.

TIP: COOKING PASTA

To cook pasta properly, be sure to have enough water in the pot, salt, and a drop of oil to prevent pasta from sticking. Don't overcook it!

Notes

ASPARAGUS MOUSSE

16-oz. can green asparagus, drain and reserve liquid
¾ C. liquid from asparagus (add water, if necessary)
1½ tbsp. gelatin
¼ C. water
½ C. mayonnaise*
½ C. whipping cream, whipped
1 tbsp. parsley, chopped very fine
1 tsp. salt
2 tbsp. lemon juice
Pepper, to taste
Tabasco,® to taste

1. Chop and mash asparagus.
2. Soften gelatin in ¼ cup water.
3. Heat liquid from asparagus and combine with gelatin mixture, stir to dissolve gelatin. Allow to cool some at room temperature.
4. When fairly cool, fold in remaining ingredients.
5. Turn into a mold which has been lightly greased with mayonnaise. Refrigerate several hours, until firm. Unmold on a bed of lettuce and serve with homemade mayonnaise or other mayonnaise mixed with a little lemon juice.

* *See Index.*

VARIATION: ARTICHOKE MOUSSE

Substitute artichokes — either fresh cooked or canned (in salt water), for the asparagus.

TIP: BOILED ARTICHOKES

To boil artichokes, place artichoke leaves up in water, to which has been added a few cloves of unpeeled garlic, some olive oil, fresh lemon juice, salt and whole peppercorns. Simmer 40 to 60 minutes, until a leaf, pulled for tasting is tender.

* *See Index.*

AVOCADO MOUSSE

1 envelope unflavored gelatin
½ C. chicken stock*
¼ C. sour cream
¼ C. lemon juice
1 green onion, chopped
2 avocados, sliced
Salt and pepper, to taste
Tabasco,® to taste

1. Soften gelatin in ¼ cup chicken stock.
2. Heat ¼ cup chicken stock and combine with gelatin mixture. Stir until gelatin is dissolved. Cool slightly.
3. Place in blender with remaining ingredients and blend until smooth.
4. Pour into lightly greased mold and refrigerate several hours, until set.
5. Unmold and serve on a bed of lettuce, with homemade mayonnaise.*

* *See Index.*

BASIC TOMATO ASPIC

2 C. tomato juice
1 envelope unflavored gelatin
½ medium onion, quartered
1 stalk celery, in 4 pieces
⅓ green pepper, cut in 3-4 pieces
1 bay leaf
Juice of ½ lemon
Salt and fresh pepper, to taste
¼ tsp. garlic salt
Tabasco,® to taste

1. Soften gelatin in ½ cup tomato juice.
2. Put 1½ cups tomato juice in saucepan, along with the rest of the ingredients and bring to a boil.
3. Simmer a few minutes, strain and combine with gelatin/tomato juice mixture. Place in lightly greased mold and refrigerate until set.

VARIATION: To the basic tomato aspic recipe may be added, before refrigerating: ½ cup chopped asparagus, 2 hard cooked eggs and ½ avocado, sliced. Experiment – celery, olives, cucumbers, shrimp, etc. Serve on lettuce, with homemade mayonnaise. Serves 6 to 8.*

* *See Index.*

TIP: For a colorful aspic, try using a larger mold and making the aspic in two steps: avocado mousse (let it get very firm) then pour over the tomato aspic. Cool to room temperature and refrigerate.

BREAUX BRIDGE CRAWFISH PASTA SALAD

12 oz. package small pasta shell
1 lb. cooked crawfish tails
¼ C. purple onion, diced
¼ C. red or green pepper, diced
2 C. vegetables, cut into small pieces – broccoli, carrots, zucchini or yellow squash, etc.
1 C. good black olives
Salt and freshly ground pepper
½ C. French dressing*
¼ C. mayonnaise*
3 tbsp. lemon juice
Parsley, finely chopped
6 oz. feta cheese, optional

1. Boil pasta in salted water, cook until tender and drain well. Be sure pasta and seafood are both free of excess water. Toss pasta and crawfish together in a large bowl. Add onion, pepper and vegetables – they don't have to be cooked – and toss again. Add olives, salt and pepper to taste.
2. Mix French dressing, mayonnaise and lemon juice. Pour over salad and toss well. You might want to add more mayonnaise or dressing. Chill and serve. Sprinkle crumbled feta cheese and chopped parsley over the top. Serves 6-8. A wonderful, easy meal that can be made in advance. Shrimp can be substituted.

* *See Index.*

BROCCOLI-CAULIFLOWER VINAIGRETTE

1 bunch fresh broccoli, trimmed and cut into spears
1 C. fresh cauliflower, in florets (or any combination)
1 small red onion, thinly sliced
¼ C. fresh lemon juice
¼ C. vinegar
½ C. salad oil
1½ tsp. salt
½ tsp. pepper
2 tsp. tarragon
¼ tsp. ground ginger

1. Steam broccoli and cauliflower until crisp tender. Drain thoroughly.
2. Place vegetables in a shallow dish and cover with sliced onions.
3. Combine remaining ingredients, mix well and pour over vegetables.
4. Chill at least four hours. Drain before serving. Serves 6.

COLD FISH SALAD

2 (6-lb.) fish with firm white meat will do such as redfish, sheephead, etc.
3 C. mayonnaise*
4 tbsp. lemon juice
2 tbsp. prepared yellow mustard
Tabasco® to taste
Salt and pepper
1 C. cooked shrimp,* coarsely chopped
4 hard-boiled eggs, finely chopped
Parsley, lettuce, olives, tomatoes, etc. for garnish

1. Poach the fish.* Take firm white meat off the bones in big chunks.
2. Combine mayonnaise, lemon juice, mustard and Tabasco. In a large bowl gently mix 2 cups of the mayonnaise dressing with the fish, salt, pepper and arrange on a serving platter. You can mold it into the shape of a fish's body and put the head and tail in its place — if you've saved them. It isn't necessary.
3. Combine shrimp in remaining mayonnaise and spread over the top of the fish meat. You have to judge for yourself the desired amount of mayonnaise. Sprinkle chopped egg over the top and surround the fish with your favorite garnishes. Serves 6-8.

This can be made with left-over fish.

* *See Index.*

TIP: You can add a little sherry to homemade mayonnaise and it's tasty over cold fish!

HOW TO POACH FISH

- 1 large or 2 small fish (about 8-10 lb.)
- 2 C. white wine
- 1 whole onion, stuffed with 5 or 6 cloves
- 2 carrots, sliced
- Celery tops
- 3 crushed garlic toes
- ⅛ tsp. cayenne pepper
- 2 whole lemons, quartered
- 4 tbsp. salt
- 2 bay leaves, crumbled
- 4 parsley sprigs

1. Combine all ingredients — except fish — in a fish poacher or roasting pan to make court bouillon. Bring to a boil, cover and simmer for 30 minutes.
2. Prepare fish for poaching by lightly adding salt and pepper, wrap it in cheese cloth and tie with a string. Place in liquid, cover and cook on simmer — about 6 minutes per pound — turning once if liquid doesn't cover fish. The fish lifts easily from the bone when done. You may want to save head and tail for decoration.
3. Remove fish, cool, untie cheese cloth. Lift skin and meat off top half of the fish. Then invert and take meat off top half of the other side — removing and discarding all skin and darkish meat. Try to leave the fish meat in large pieces.

TIP: To rid your pan of lingering seafood odors, clean it and add some fresh water, lemon juice and rind and soak for a short time.

CONGEALED BEET SALAD

- 1½ C. fresh cooked or canned beets, diced
- ½ C. juice from beets
- 1 envelope unflavored gelatin
- ¼ C. chicken stock*
- 1 tsp. horseradish
- ½ C. mayonnaise*
- 2 tbsp. lemon juice
- 3 hard boiled eggs, chopped
- 1 tbsp. parsley, chopped very fine
- 1 green onion, chopped
- Salt and freshly ground black pepper, to taste
- Tabasco,® to taste

1. Soften gelatin in ¼ cup chicken stock.
2. Heat beet juice and combine with gelatin mixture. Stir until gelatin is dissolved, and cool slightly.
3. Combine with beets, two of the hard cooked eggs and remaining ingredients and turn into a lightly greased mold.
4. Refrigerate several hours, until firm.

Serve unmolded on a bed of lettuce. Combine one hard cooked egg with some mayonnaise thinned with a little lemon juice and serve with the salad. Serves 8-10.

* *See Index.*

CONGEALED GAZPACHO

2 pkgs. unflavored gelatin
2 C. tomato juice
1 C. sour cream
¼ C. wine vinegar
1 clove garlic, crushed
2 tsp. salt
¼ tsp. pepper
Dash cayenne pepper
2 large tomatoes, chopped and drained
½ C. chopped onion
¾ C. chopped green pepper
¾ C. chopped cucumber
¼ C. chopped pimiento

1. Soften gelatin in 1 cup tomato juice. Heat to simmer.
2. Add remaining tomato juice, sour cream, vinegar, garlic, salt, pepper and cayenne.
3. Chill until it begins to set.
4. Fold in tomatoes, cucumber, onion, green pepper and pimiento and pour into lightly greased 6 cup mold.

Unmold on a bed of lettuce or mold in tin cans and slice to serve.

CREOLE COLE SLAW

2 small or 1 large head of cabbage, slivered
1 large green pepper, slivered
2 medium sweet onions, slivered
2 C. sugar
1 C. vinegar
¾ C. Wesson vegetable oil
1 tsp. celery seed
1 tsp. dry mustard
1 tbsp. sugar
1 tbsp. salt

1. Layer the vegetables into a large mixing bowl.
2. Pour sugar over the vegetables.
3. Bring remaining ingredients to a boil, pour over the cabbage. Cover bowl with plastic wrap and chill.

Keeps indefinitely in the refrigerator. Delicious on sandwiches!

CREOLE POTATO SALAD

6 medium new potatoes, unpeeled and diced
2 hard boiled eggs
1 stalk celery, chopped fine
4 green onions, chopped fine
4 tbsp. chopped parsley
½ C. sour cream
½ C. mayonnaise* with 2 tbsp. lemon juice mixed in
1 tsp. Creole mustard
Salt and freshly ground black pepper, to taste

1. Boil potatoes in salted water until just barely done — do not overcook! Drain completely.
2. Combine with remaining ingredients and refrigerate. Serves 8.

* *See Index.*

TIP: Crumbled bacon and/or chopped pecans may be added.

For hot potato salad, eliminate the sour cream and mayonnaise and substitute vinegar and oil dressing and pour over hot boiled potatoes.

Some prefer to peel potatoes, but this is very colorful and very healthy.

CREOLE TOMATO, FETA, BLACK OLIVE SALAD

6 large ripe tomatoes, preferably Creole
1 purple onion, thinly sliced
1 tbsp. fresh basil, chopped
½ C. black olives, imported
1 tbsp. parsley, chopped
1 green pepper, cut in strips
Salt and freshly ground pepper, to taste
½ C. French dressing*
8 oz. feta cheese

1. Cut tomatoes into wedges and put in a large bowl. Add onions and fresh basil and turn gently with a spoon.
2. Add remaining ingredients except cheese and turn again. Cover and refrigerate for about an hour. Before serving, crumble feta cheese over the salad and turn once again. Serves 6-8.

You might want more or less dressing or perhaps the cheese. Blue cheese can be substituted in smaller qualities for the feta.

TIP: Tomatoes and fresh basil have a very compatible taste.

GARYVILLE BRISKET SALAD

4 C. left-over cooked brisket, or cooked flank steak cut into thin strips
½ C. red sweet pepper, chopped
2 green onions, chopped
1 purple onion, thinly chopped
⅓ C. parsley, chopped
⅔ C. garlic dressing*
3 hard-boiled eggs, coarsely chopped
Bibb lettuce

1. Combine all ingredients except the eggs, and pour dressing over mixture and toss. Cover and refrigerate.
2. Take the salad out of the refrigerator ½ hour before serving. Arrange over bibb lettuce and sprinkle the eggs generously over the top. Serves 4.

* *See Index.*

GOLDEN MEADOW DUCK SALAD

Meat from 4 cooked ducks
3 green onions, chopped finely
3 tbsp. parsley, chopped finely
1 C. mayonnaise*
½ C. chutney, chopped
Salt and pepper to taste

1. Chop duck meat into very small pieces. In a bowl, combine duck, onions, parsley, mayonnaise and chutney. Add salt and pepper. Chill.
2. Serve over lettuce and surround with different fruits. Pears are very good with duck. This makes a lovely summer salad plate. Serves 4.

Duck salad can also substitute for hors d'ouevres — served with melba or crackers.

* *See Index.*

TIP: In making dressing, remember what the old timers say — "Be a spendthrift with your oil, a miser with your vinegar and stir like a crazy woman!"

GREEN BEAN SALAD WITH DOUBLE DRESSING

1½ lb. fresh green beans
1 tbsp. horseradish, or to taste
2 tbsp. olive oil
½ tsp. Dijon mustard
¼ C. sour cream
Crumbled, cooked bacon (4-6 strips)
Salt and pepper, to taste
1 tsp. lemon juice
1 tbsp. chopped parsley
1 tbsp. chopped chives

1. Cook green beans in salted water 5-8 minutes until slightly tender. Drain and run under cold water. Chill several hours.
2. Whisk together the horseradish, olive oil, mustard, sour cream, lemon juice, chives, parsley, salt and pepper and chill several hours.
3. When ready to serve, pour dressing over beans and sprinkle with crumbled bacon.

GREEN GODDESS CAULIFLOWER SALADE

1 large cauliflower, whole
Juice of ½ lemon
Lettuce and blanched vegetables for garnish
Green goddess dressing*

1. Boil whole cauliflower, head up, in water with lemon juice. Reduce heat and cover, cook until tender. Drain and refrigerate.
2. Arrange lettuce and cold vegetables on a large round platter — beets, snapbeans, carrots. Place whole cauliflower in the center and pour over the dressing.

A cool companion for barbequed chicken.

* *See Index.*

HAMMOND OKRA SALAD

1 lb. okra
2 white onions, thinly sliced
Vinaigrette dressing*
Salt and pepper to taste

1. Boil okra, adding a spoon of lemon juice to the water. Drain and cut tough stems off. Put in salad bowl with onions and pour over desired amount of vinaigrette and seasonings. Toss and chill. Serve over lettuce or tomatoes.

* *See Index.*

HOLIDAY CRANBERRY SALAD

1 envelope unflavored gelatin
1 package cherry gelatin
1 C. hot water
1 C. sugar
1 tbsp. lemon juice
1 C. pineapple syrup (from crushed pineapples)
1 C. crushed pineapple
1 C. ground cranberries, after grinding
1 orange, ground
1 C. chopped celery
1 C. chopped walnuts

1. Dissolve cherry gelatin in hot water and add sugar and lemon juice.
2. Stir unflavored gelatin into pineapple syrup and combine with other gelatin mixture.
3. Chill until partially set.
4. Add remaining ingredients.
5. Chill in a lightly greased 9 x 13 oblong shallow pan or dish until firm.

Unmold on lettuce. Top with homemade mayonnaise with a little sugar in it, a mixture of mayonnaise and miniature marshmallows or poppyseed dressing.*

* *See Index.*

LACOMBE CHICKEN SALAD

4-5 C. cooked chicken, cut in large pieces, one 3½ lb. chicken yields about 4 cups of meat
2 stalks celery, coarsely chopped
2 green onions, finely chopped
1 tbsp. parsley
1 apple, peeled and finely chopped
½ C. mayonnaise*
1 tsp. good curry powder
Lemon juice
Salt and black pepper, to taste

1. Combine chicken in a bowl with celery, onion, parsley and apples. Toss gently.
2. In a mixing cup, add mayonnaise and the curry powder and blend well. Pour over salad and toss. Salt and pepper and add lemon juice to taste. Toss again, chill and serve over lettuce. Serves 4.

* *See Index.*

TIP: This salad has infinite possibilities for change. Omit the curry and the apples and add a little Tarragon and hard-boiled egg perhaps. Try a different dressing — using sour cream, heavy cream and mayonnaise. "Make-do" with the supplies on hand!

TIP: When you boil your chicken, save the stock and make a soup! Ne Gaspillez pas!

ORANGE AND RED ONION SALAD

Sections from 4-6 oranges
2 red onions, sliced thinly
Fresh fennel
Poppyseed dressing*
Lettuce

1. Arrange orange sections, onions and some sliced, fresh fennel over crisp lettuce and add poppyseed dressing.

If you can't get fresh fennel — do not substitute dried. Serves 6-8.

* *See Index.*

SALADE VERTE

"Chapon"
2 heads lettuce — bibb, romaine or any combination
¼ C. crumbled blue cheese
1 C. croutons
½ C. French dressing
2 tbsp. sour cream

1. In a large salad bowl put "Chapon" and lettuces and sprinkle cheese over them. Add croutons.
2. Mix dressing and sour cream together. Pour over salad and toss lightly, by hand — the best method! Remove Chapon. Serves 6-8.

TIP: "Chapon" — a piece of bread that is rubbed with garlic and salt and put in the bottom of the salad bowl while the salad is being tossed. Remove before serving. Adds a special flavor.

SPINACH AND WATERCRESS SALAD

2 lb. fresh spinach
1 bunch watercress
Chapon
10 strips bacon, fried crisply
¼ lb. fresh mushrooms, thinly sliced
4 hard-boiled eggs, coarsely chopped

1. Wash greens and break in bite-sized pieces. Put in bowl with chapon and add crumbled bacon, mushrooms and eggs. Toss lightly with desired amount of your favorite dressing that has been prepared in advance. Remove chapon before serving.

SWEET AND SOUR FRUIT SALAD

16-oz. can pear halves, reserve juice
3-oz. pkg. cream cheese, room temperature
2 tbsp. mayonnaise*
¼ C. chopped pecans
1 envelope unflavored gelatin
16-oz. can bing "sweet" cherries, reserve juice
A few grapefruit and orange slices
1 egg, beaten
¼ C. sugar
¼ C. vinegar
1 C. whipping cream

1. Combine mayonnaise, cream cheese and pecans and stuff pear halves. Place in an 8" lightly oiled square pan.
2. Combine cherry and pear juices and add, if necessary, enough water (or other juice) to make 2 cups.
3. Take ½ cup of the liquid and sprinkle gelatin over to soften.
4. Heat remaining 1½ cups liquid and combine with gelatin mixture. Stir to dissolve and cool slightly.
5. Pour over the pears, and then add cherries and a few grapefruit and orange sections.
6. Refrigerate several hours or overnight.
7. Combine egg and sugar in top of double boiler, heat and whisk until fluffy. Remove from heat.
8. Heat vinegar and add very slowly to egg mixture. Cool thoroughly in refrigerator.
9. Whip cream and combine with cooled egg-vinegar mixture. Refrigerate. Serve with the fruit salad.

* *See Index.*

BASIC OIL AND VINEGAR DRESSING

1 C. olive oil
¼ C. vinegar and/or lemon juice
3-4 cloves garlic, peeled
1 tsp. Creole or Dijon mustard

1. Put garlic in the bottom of a jar or dressing bottle.
2. Add other ingredients.
3. Shake well before using.

Some people prefer the oil and vinegar 3 to 1. Experiment!

BAYOU COUNTRY MAYONNAISE

1 egg
Juice of one lemon
Dash of Tabasco®
½ tsp. salt
½ tsp. freshly ground black pepper
¼ tsp. Creole mustard
¾ C. Wesson oil, combined with
¼ C. olive oil

1. Have all ingredients at room temperature.
2. Place egg, lemon juice, Tabasco, salt, pepper and mustard in the blender, along with ¼ cup of the oil.
3. Blend on high speed for 30 seconds.
4. Reduce speed to low and pour remaining oil into center in a very thin continuous stream. Blend thoroughly. Makes about 1¼ cups.

VARIATION: FLAVORED MAYONNAISE

Place one or a combination of the following in the blender during step two of Bayou Country Mayonnaise: chopped green onion, anchovy paste, capers, chopped parsley, dill, basil, tarragon and pressed garlic. Good with cold meats or fish.

BLUE CHEESE DRESSING

½ C. mayonnaise*
¼ lb. blue cheese or roquefort
½ C. light cream
½ C. sour cream
1 tbsp. lemon juice
Salt, pepper and Tabasco,® to taste
Worcestershire

1. Mash cheese and mayonnaise together in a bowl. Add other ingredients and mix. Refrigerate in a lightly covered jar. Makes 2 cups.

VARIATIONS: You can simply mash the blue cheese with oil and vinegar or with sour cream. This is a simple and quickly made dressing, but neither will compare with the complete recipe.

CREAMY SALAD DRESSING

½ C. sour cream
½ C. mayonnaise*
2 green onions, chopped
1 tbsp. fresh lemon juice
1 tbsp. parsley
¼ tsp. Creole mustard

1. Put all ingredients in the blender and blend until smooth.

* *See Index.*

EGG DRESSING

½ C. oil
¼ C. lemon juice
2-3 hard-boiled eggs, finely chopped
Salt and black pepper

1. Mix all ingredients together. Good over Creole tomatoes or just plain green salad.

GARLIC DRESSING

⅓ C. wine vinegar
1 tbsp. sugar
1 tsp. dry mustard
1 tbsp. garlic, finely chopped
Salt and black pepper, to taste
1 egg yolk
1 C. good olive oil

1. Combine all ingredients except oil in a food processor or blender. Blend for a few seconds.
2. Slowly drizzle in oil and correct seasoning.

GREEN GODDESS DRESSING

1½ C. mayonnaise*
½ C. sour cream
1 can anchovies
5 tbsp. parsley, finely chopped
3 tbsp. green onion tops, finely chopped
2 tbsp. lemon juice
Salt and pepper to taste

1. Mix all ingredients in the blender. This dressing is to be refrigerated. Keeps well for weeks. Makes about 2 cups.

* *See Index.*

HOT MUSTARD

1 C. brown sugar
1 C. distilled vinegar
1 C. dry mustard
3 eggs

1. Combine sugar and vinegar until smooth. Take a little of this mixture and, in a separate cup, make a smooth paste with the mustard to free any lumps. Add mustard paste to sugar and vinegar.
2. Beat eggs and add to mustard mixture. Cook in a saucepan on top the stove stirring constantly until mixture thickens. (Remember that when the mustard cools it will thicken more.) If the hot mustard has any lumps, just beat mixture with an egg beater until smooth. This mustard is good hot or cold with all meats, some vegetables and especially good on sandwiches. Refrigerate. Keeps well. Makes about 1½ cups.

POPPYSEED DRESSING

1½ C. sugar
2 tsp. dry mustard
2 tsp. salt
⅔ C. vinegar
3 tbsp. onion juice
2 C. Wesson oil
3 tbsp. poppy seeds

1. Mix sugar, mustard, salt, vinegar and onion juice. Best made with electric mixer or blender.
2. Add oil slowly, beating constantly and continue to beat until thick.
3. Add poppy seeds and beat a few minutes. Store in cool place or refrigerator.

This won't separate unless it gets too hot or too cold. Delicious on any fruit salad. Makes 3½ cups.

QUICK CREAMY AVOCADO DRESSING

Ripe avocado, mashed
Oil and vinegar dressing or creamy salad dressing

1. Mash a very ripe avocado and combine avocado in desired proportions with oil and vinegar dressing or creamy salad dressing.

* See Index.

TIP: Quick dressings for congealed vegetable salads or aspics. Ingredient amounts to suit your taste.

- *Sour cream and mayonnaise seasoned with salt, pepper and lemon juice.*
- *Mayonnaise, capers, seasoned with Tabasco (top with caviar).*

ROMANO SALAD DRESSING

½ C. vegetable oil
¼ C. olive oil
3 oz. grated Romano cheese
Juice of 1 lemon
2 garlic cloves, pressed
Salt and freshly ground black pepper, to taste

1. Combine all ingredients in a jar and shake vigorously.

Keeps indefinitely in the refrigerator.

VINAIGRETTE DRESSING

½ C. oil (olive oil, or a combination)
5 tbsp. Tarragon vinegar
½ tsp. powdered sugar
2 tbsp. minced parsley
1 tbsp. chopped sweet pickle, or relish
2 tbsp. chopped green onion
1 small green pepper, minced
½ pimiento, chopped

1. Combine all ingredients. Wonderful zest for all vegetable salads.

Notes

DESSERTS
AND MORE

DESSERTS — It's an old bayou country custom to serve desserts. A flaky fruit pie, cooling ice cream, delectable chocolate cake, or crisp cookies are tasty finishes to a beautiful meal. You'll find recipes for these and other delicious desserts in Bayou Banquet.® There's enough to make you say, "Diet be darned! I'll think about that tomorrow."

AND MORE — Relishes and chutneys, the accompaniments for many meats will surely turn your meal into a "Bayou Banquet®". Or, simply blend them with sweet softened butter for a quick, delightful sandwich spread. You'll be amazed at how easily they can be made ... and they make unique holiday and hostess gifts!

Notes

BIENVENU'S PINEAPPLE UPSIDE DOWN CAKE

½ C. butter
1 C. brown sugar
1 C. pecans, chopped coarsely
8 canned, drained pineapple slices
1 pkg. yellow cake mix or your favorite yellow cake batter
Rum, optional
Whipped cream

1. In a 10" heavy, iron skillet melt butter, add the sugar and cook gently until dissolved. Remove from fire and add pecans. *Drain* the pineapples *well*. Place in the skillet.
2. Follow the directions on the cake mix package or make your own yellow cake batter. Cover the fruit and pecan mixture in the skillet with the cake batter. Bake in a 325° oven for about 30-40 minutes. Test for doneness. Serve it "upside down."

You can sprinkle the fruit with a little rum, if desired. Top with whipped cream.

CARROT CAKE

2 C. sugar
2 C. flour
2 tsp. soda
1 tsp. cinnamon
½ tsp. salt
4 eggs
1½ C. vegetable oil
3 C. grated carrots

1. Preheat oven to 350 degrees.
2. Sift the sugar, flour, soda, cinnamon and salt together.
3. In a large bowl, beat eggs slightly. Add oil and mix well.
4. Add dry ingredients to eggs and oil. Blend well.
5. Add carrots, blend well. Pour into two greased and floured 9" cake pans, which have been lined with wax paper on the bottom.
6. Bake 30-25 minutes.

Ice with cream cheese icing.*

* *See Index.*

CHOCOLATE ALMOND CAKE

4 oz. semi-sweet chocolate
2 tbsp. rum or coffee
1 stick butter, softened
⅔ C. sugar
3 egg yolks
3 egg whites
⅛ tsp. salt
1 tbsp. sugar
⅓ C. pulverized almonds
¼ tsp. almond extract
¾ C. sifted cake flour

1. Preheat oven to 350°.
2. Melt chocolate in top of double boiler. Combine with rum or coffee.
3. Cream butter and sugar until smooth and fluffy.
4. Beat in egg yolks until well blended.
5. Beat egg whites and salt until soft peaks are formed. Add 1 tablespoon sugar and beat until stiff peaks are formed.
6. Combine chocolate mixture, creamed butter and sugar mixture and stir lightly. Add almonds and extract.
7. Stir in ¼ of the egg white mixture.
8. Add remaining egg whites alternately with the flour by sprinkling the flour from the sifter. Sprinkle a little flour. Add a little egg white lightly. Continue until all is incorporated.
9. Turn into one 8" cake pan which has been buttered and floured. Bake on middle rack of the oven for 25 minutes.

Cool cake in pan for 10 minutes. Turn out onto a rack. If you are not icing this cake, sprinkle with powdered sugar while cooling. If you are icing it, cool completely before doing so.

This cake is baked so that its center remains slightly underdone. Do not overcook!

CHOCOLATE ALMOND CAKE ICING

1 oz. semi-sweet chocolate
1 tbsp. rum or coffee
3 tbsp. butter
Almonds for decoration

1. Melt chocolate with rum or coffee in top of double boiler. Stir and remove from heat.
2. Beat butter into the chocolate a tablespoon at a time. Beat over cold water until chocolate mixture is cool and of spreading consistency. Ice cake at once and press almonds into icing to form a design.

CHOCOLATE CHEESECAKE

- 1 C. chocolate wafer crumbs
- ½ stick butter or margarine, melted
- 6 oz. unsweetened chocolate
- ¼ C. rum
- 1 lb. Philadelphia cream cheese, softened
- ½ C. chopped pecans, optional
- 1½ C. sugar
- 1 C. sour cream
- 1 tbsp. vanilla
- 3 eggs
- 8 oz. whipped cream — optional

1. Preheat oven to 350 degrees.
2. Combine crumbs, butter and pecans and press into the bottom of an 8-in. or 9-in. springform pan. Chill.
3. Melt chocolate with rum over low heat and set aside.
4. In electric mixer, beat cheese until smooth, then beat in sugar.
5. Add eggs, one at a time, beating well after each addition.
6. Beat in melted chocolate and rum, sour cream and vanilla.
7. Bake 1 hour to 1 hour 10 minutes. Center of cake will not be firm. Cake firms as it chills.
8. Garnish with whipped cream, if desired.

CHOCOLATE FUDGE FROSTING

- 3 C. sugar
- 1 C. milk
- 2 oz. unsweetened chocolate
- 1 tbsp. white corn syrup
- ¼ tsp. salt
- 4 tbsp. butter
- 1 tsp. vanilla

1. Melt chocolate in top of a double boiler.
2. Gently cook sugar, salt, milk, chocolate and corn syrup. Stir constantly until it begins to boil.
3. Boil gently without stirring until mixture forms a soft ball when dropped in cold water.
4. Remove from fire, add butter and vanilla, but do not stir.
5. When lukewarm, beat until mixture is proper consistency for frosting cake.

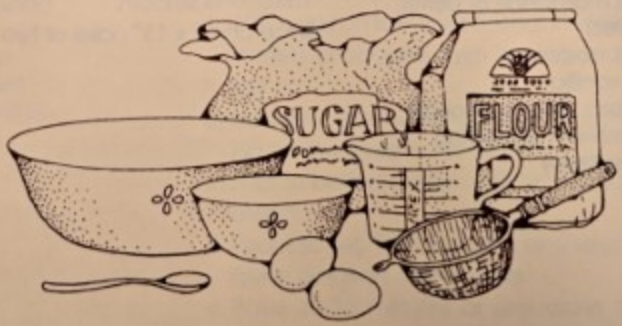
This will frost three 9" layers.

CHOCOLATE MOUSSE CAKE

5 egg whites
Pinch of cream of tartar
¾ C. granulated sugar
1¾ C. confectioners sugar
⅓ C. cocoa
6 oz. chocolate, semi-sweet
4 egg whites
Pinch of cream of tartar
1½-2 C. whipping cream
1 tsp. vanilla

1. Preheat oven to 300° to make meringues.
2. Beat five egg whites with cream of tartar until soft peaks form.
3. Beat granulated sugar into egg whites, 2 tablespoons at a time, until very stiff peaks form.
4. Sift together powdered sugar and cocoa and fold into the beaten egg whites. Divide this mixture onto 3 pieces of brown paper that have been laid on 3 baking sheets. Spread and shape to size of a 9-inch cake tin.
5. Bake 1 hour and 15 minutes. Turn off oven and leave in oven until cool.
6. Meanwhile, melt the chocolate in top of double boiler until lukewarm for the mousse filling.
7. Beat 4 egg whites with a pinch of cream of tartar until stiff peaks form. Fold chocolate into the egg whites.
8. In a separate bowl, whip cream, adding vanilla toward the end of the whipping.
9. Carefully fold the whipped cream mixture and the chocolate egg white mixture together.
10. Take cool meringue from paper, and on a serving plate alternate layers of meringue and mousse, ending with mousse. If you run out of mousse, top with more whipped cream.

Refrigerate 12-24 hours before serving.



CHOCOLATE SIN

24 lady fingers, split lengthwise
18 oz. chocolate bits, semi-sweet
1 C. granulated sugar
⅓ C. water
1 tsp. vanilla
8 eggs, separated
1 C. heavy cream, whipped or
1 C. crême fraiche*

1. Line the side and then the bottom of a 9-inch spring-form pan with ladyfingers, split side in.
2. In medium saucepan, combine chocolate, sugar and water. Stir constantly over low heat until chocolate is melted. Remove from heat and add vanilla. Beat with a wooden spoon until smooth. Cool slightly.
3. In a large bowl beat egg yolks slightly with an electric mixer. Gradually add chocolate mixture, beating constantly. Continue beating until it thickens.
4. With clean beaters, beat egg whites just until soft peaks form. With rubber spatula, gently fold beaten egg whites into chocolate mixture, just until combined.
5. Spread one-fourth of the chocolate mixture on top of ladyfingers in bottom of pan. Put another layer of ladyfingers, more chocolate. Repeat three times, ending with chocolate on top.
6. Refrigerate at least four hours.
7. Top with whipped cream or crême fraiche.

* *See Index.*

CHOCOLATE SUGAR FROSTING

1½ lb. powdered sugar
¾ stick margarine or butter, melted
6 tbsp. cocoa
1½ tsp. vanilla
9-10 tbsp. milk, or enough to achieve spreading consistency

1. Combine all ingredients and mix with electric mixer until smooth.

Will ice one 9 x 13" cake or two 9" layers.

CREAM CHEESE ICING

8 oz. Philadelphia cream cheese
1 stick butter or margarine
1 lb. powdered sugar
1 C. chopped pecans or walnuts
2 tsp. vanilla

1. Soften cheese and butter and combine.
2. Add sugar and vanilla and beat well until smooth. Add nuts or sprinkle nuts in between layers and on top.

This will ice two 9" layers.

DEVIL'S CHOCOLATE FROSTING

2 tbsp. butter
1 C. semi-sweet chocolate chips
8-10 tbsp. whipping cream
1¼ C. powdered sugar
1 tsp. vanilla

1. Place all ingredients in heavy saucepan over low heat and stir until smooth. Spread on cake.

If frosting is too stiff, add a little more cream; if too liquid, add a little more sugar.

This will fill and ice two 9-inch layers.

DEVIL'S FOOD CAKE

3 oz. unsweetened chocolate
½ C. butter or margarine
2¼ C. light brown sugar
3 eggs
1½ tsp. vanilla
2 tsp. baking soda
½ tsp. salt
2¼ C. sifted flour
1 C. sour cream
1 C. boiling water

1. Preheat oven to 350 degrees.
2. Melt chocolate in top of double boiler and set aside.
3. Cream butter and sugar, then add eggs. Beat with electric mixer on high speed until light and fluffy, about 5 minutes.
4. With mixer on low speed, beat in vanilla and melted chocolate then baking soda and salt.
5. Add flour alternately with sour cream, beating on low speed until smooth.
6. Pour in boiling water and stir with spoon to blend.
7. Pour into two 9-inch cake pans, which have been greased and floured.
8. Bake 30-35 minutes or until done. Cool in pans 10 minutes. Turn out on wire racks.

GÂTEAU FRANÇAIS

1 stick butter, softened
1½ C. sugar
¾ C. whipping cream
2½ C. sifted flour
1 tsp. baking soda
1 tsp. nutmeg
2 eggs
Sifted powdered sugar

1. Mix all ingredients except powdered sugar together and blend well. Grease two loaf pans or one large tube pan. Pour batter in pans and bake in a preheated 350 degree oven until done. Test for doneness — about 25 to 30 minutes. When done sift powdered sugar over top.

GERMAN CHOCOLATE CAKE

1 C. shortening, butter or margarine
2 C. sugar
4 egg yolks
¼ lb. German sweet chocolate
½ C. boiling water
2½ C. flour
1 C. butter milk
1 tsp. baking soda
1 tsp. vanilla
¼ tsp. salt
4 egg whites, beaten until stiff

1. Cream butter and sugar. Add egg yolks one at a time.
2. Melt chocolate in the water and add to above mixture.
3. Dissolve the soda in the buttermilk and add alternately with the flour.
4. Add vanilla and salt.
5. Fold in stiffly beaten egg whites. Pour into three 9-inch cake pans which have been greased and floured.
6. Bake 30 minutes at 350 degrees.

Best iced with German chocolate cake icing, or icing of your choice.

GERMAN CHOCOLATE CAKE ICING

1 stick butter or margarine
1 C. evaporated milk
1 C. sugar
3 beaten egg yolks
1 C. flaked coconut
1 C. chopped pecans
1 tsp. vanilla

1. In top of double boiler, melt butter. Add milk, sugar and eggs, cook until thick. Make sure water in bottom pan just simmers. Do not let it boil up and touch top pan.
2. Remove from fire. Add coconut, pecans and vanilla.

Sufficient for filling and icing three 9-inch layers.

HEAVENLY PECAN CAKE

4 eggs, well beaten
2 C. sugar
2 sticks margarine or butter
4 tbsp. cocoa
1½ C. self-rising flour
1 C. chopped pecans
1 tsp. vanilla
4 C. miniature marshmallows

1. Cream margarine and sugar. Add eggs gradually.
2. Fold in dry ingredients and vanilla and blend well. Pour into greased 9 x 13" pan.
3. Bake 30-35 minutes.
4. Remove from oven to cover top of cake with marshmallows. Return to oven until marshmallows melt.
5. When cake cools, frost with chocolate butter frosting.*

* *See Index.*

GÂTEAU AUX CITRON

1 package yellow cake mix
¾ C. apricot nectar juice
¾ C. Wesson oil
4 eggs
1 tsp. vanilla
1 tsp. lemon extract
1 package lemon gelatin
2 lemons, juice of and rind
2 C. powdered sugar

1. In a large mixing bowl, add the cake mix, juice and oil. Beat for a few minutes; then add eggs one at a time.
2. Put in remaining ingredients except lemon juice and confectioners sugar, and beat until batter is smooth. Grease a bundt or tube pan and pour in the mixture.
3. Bake in a preheated 325° oven for about an hour. Test for doneness with a broomstraw.
4. Squeeze lemon juice and grate the rind. In an enamel pot, combine juice, rind and powdered sugar. Warm, don't overcook, the mixture. Pour over the cake when both are warm.

This cake is a popular southern item — even for breakfast.

GÂTEAU AUX NOIX — WALNUT CAKE

3 sticks butter
2 C. sugar
6 eggs, separated
¾ C. milk
¼ C. brandy
1 tsp. vanilla
3½ C. flour
½ tsp. salt
2 tbsp. walnuts, coarsely chopped
1 tsp. cream of tartar
½ C. grand marnier
Powdered sugar
Whipped cream

1. Cream butter and sugar until smooth then mix in lightly beaten egg yolks. Mix in milk, brandy and vanilla.
2. Sift flour and salt and stir into the mixture and add walnuts.
3. Beat egg whites until foamy, add cream of tartar and beat until they form peaks. Fold into batter gently.
4. Pour mixture into a greased 10" tube pan lined with brown paper which is also greased lightly. Bake in a 275° preheated oven for 2½-3 hours or until it tests done. Cool on wire rack 30 minutes and then remove from pan and cool completely.
5. Before serving, peel paper off carefully and sprinkle with powdered sugar. Heat grand marnier slightly, pour over the cake, set aflame and serve with whipped cream. Good anytime, any place!

OLD-FASHIONED POUND CAKE

1 C. butter
3 C. sugar
4 eggs
3 C. flour
¼ tsp. baking soda
Pinch of salt
1 C. buttermilk
1 tsp. vanilla

1. Cream butter and sugar in a large bowl. Add eggs, one at a time.
2. Into the bowl, sift flour, baking soda and salt. Slowly add buttermilk and vanilla — blend well.
3. Grease and flour two loaf pans or one tube pan. Pour in the mixture. Bake in a preheated 350 degree oven for about one hour.

PARRAIN'S FAVORITE APPLESAUCE CAKE

½ lb. butter
2 C. sugar
3 C. applesauce
4 tsp. soda
3 whole eggs
1 C. chopped nuts
4 C. sifted flour
1 C. raisins
1 tbsp. each: cinnamon, nutmeg, and allspice
1 tsp. powdered cloves

1. Cream butter and sugar. Heat applesauce and add soda until it foams — add to sugar mixture and cool.
2. Add eggs and flour to the mixture plus the rest of the ingredients and mix thoroughly.
3. Grease a large tube pan and pour in the batter. Bake in preheated 325 degree oven about 1-1½ hours. Sift some powdered sugar over the cake after it is cooled.

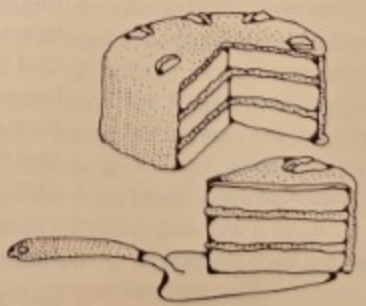
PECAN CREAM CAKE

1 tsp. soda
1 C. buttermilk
5 eggs, separated
2 C. sugar
1 C. chopped pecans
1 stick butter or margarine, room temperature
½ C. shortening, room temperature
2 C. sifted flour
1 tsp. vanilla
4 oz. shredded coconut

1. Preheat oven to 325 degrees.
2. Combine soda and buttermilk and let stand a few minutes.
3. Beat egg whites until stiff. Set aside.
4. Cream sugar, margarine and shortening. Add egg yolks one at a time, beating well after each addition. Add buttermilk alternately with flour.
5. Stir in vanilla, pecans and coconut and gently fold in egg whites.
6. Pour into three 9" pans which have been greased and floured.
7. Bake 25-30 minutes.

Ice when cool, with cream cheese icing.*

* *See Index.*



PETITE SPONGE CAKES

6 eggs, separated
1 C. sugar
1 C. flour
Powdered sugar
½ lemon, juice of and grated rind

1. Beat egg yolks well, add sugar, lemon juice, ¾ of the flour and the lemon rind. Fold in well beaten egg whites and the remainder of the flour.
2. Bake in greased muffin tins in a non-preheated oven at 300 degrees — about 25 minutes.
3. Remove from tins and sift some powdered sugar over the cakes. Yields 18.

A light, airy "sweet-tooth satisfier" that accompanies fresh fruit for a dessert.

RASPBERRY FOOL

3 pound cakes
Raspberry preserves
1 C. dry sherry
⅓ C. brandy
9 egg yolks
¾ C. sugar
2¼ C. scalded milk
⅓ C. heavy cream
2 tsp. vanilla
7-8 kiwis
3 (10-oz.) boxes of frozen raspberries, or fresh raspberries
1 C. heavy cream, whipped

1. Slice pound cakes and spread preserves on one side. Combine sherry and brandy and sprinkle over slices. Use more, if necessary. Put this aside while making custard.
2. Beat egg yolks and add sugar slowly.
3. Slowly add the scalded milk. Cook very slowly until custard thickens and coats a wooden spoon. Never let it come to the simmer. Remove from heat.
4. Add heavy cream and vanilla and set aside and cool to tepid.
5. Line a bowl — preferably a straight-sided glass bowl — with sliced kiwis.
6. Then continue layering as follows: place two layers of cake next. Ladle custard over cake and then a layer of kiwis and raspberries. Repeat this until cake, custard and most of the fruit are used up. Top with whipped cream and decorate with extra fruit.
7. Chill at least four hours or overnight. Serves 16.

The fruits may be varied. Try blackberries, strawberries or orange slices. Experiment!

If you desire a smaller dessert, delete some of the cake.

RICH CHEESECAKE

1 C. graham cracker crumbs
3 tbsp. sugar
3 tbsp. butter or margarine, melted
½ C. chopped pecans
2 well-beaten eggs
¾ lb. cream cheese, room temp.
½ C. sugar
1 tsp. lemon juice
½ tsp. vanilla
½ tsp. salt
Cinnamon
1½ C. sour cream
2 tbsp. sugar
½ tsp. vanilla
⅛ tsp. salt

1. Preheat oven to 375 degrees.
2. Combine crumbs, sugar, butter and pecans and press into the bottom of a 9-in. springform pan. Bake for 8-10 minutes. Cool.
3. Combine eggs, cream cheese, cup sugar, lemon juice, ½ tsp. vanilla and ½ tsp. salt. Blend well and pour into shell. Bake 20 minutes.
4. Remove from oven and dust the top lightly with cinnamon. Let cool to room temperature. Increase oven temperature to 425 degrees.
5. Combine remaining ingredients and pour over the cake. Bake 5 minutes. Cool, then refrigerate 6 to 10 hours, preferably overnight, before serving. Serves 10-12.

SHERRY CREAM CAKE

1 C. butter
2 C. sugar
4 eggs, separated
2 tsp. baking powder
3 C. flour
1 C. milk
1 tsp. vanilla and/or lemon or almond extract
Pinch of salt
3 C. milk
3 eggs
½ C. sugar
1 tbsp. sherry plus more
Whole almonds
1 large fresh coconut, grated — or flaked coconut
1 C. heavy cream

1. Preheat oven to 300°.
2. Cream butter and 2 cups of sugar. Add egg yolks.
3. Sift baking powder with flour and add alternately with one cup of milk to the egg/sugar mixture.
4. Add extract and salt.
5. Beat egg whites until stiff and fold in.
6. Turn into three greased and floured 9" cake pans and bake 25-30 minutes or until done. Cool 10 minutes in pans, then turn out on a rack to cool while making the custard filling.
7. In top of double boiler, over simmering water, cook the 3 cups milk, eggs, sugar and 1 tablespoon sherry until mixture coats a wooden spoon. Set aside to cool.
8. Sprinkle cake layers with sherry and spread almonds thickly over each layer.
9. Ladle a layer of custard over the almonds and sprinkle with coconut.
10. Stack the layers, whip the cream with a little sherry until stiff and ice cake with this.

"SIMPLE" BRIOCHE

1 pkg. dry yeast
1 tsp. sugar
3 tbsp. tepid water
2 C. flour
½ lb. butter, cut in tbsp.-size chunks
¼ tsp. salt
3 eggs

1. Preheat oven to 350°.
2. Dissolve yeast plus sugar in 3 tbsp. water.
3. In the processor, process flour, butter and salt until butter is finely chopped.
4. While machine is still running, add yeast mixture and eggs. Process the mixture for 60 seconds to "knead" the dough.
5. Rise dough in a bowl until tripled, this may take 5 or 6 hours. The room must be rather cool or butter will leak out of the dough. Punch dough down.
6. Fill desired greased bread pans or mold — a bundt pan will do, 1 large one or 2 medium-sized — ½ full with dough and let rise again until doubled.
7. Bake at 350° for 30-40 minutes, or until browned.

The invention that makes this recipe "simple" is the food processor. You must have a food processor for this particular recipe.

VARIATION: KING'S CAKE

King's cake is a delightful confection made to celebrate the traditional opening of the Mardi Gras season — twelfth night, twelve days after Christmas. In every king's cake a tiny "baby" doll, made of china or plastic is inserted before baking. The guest who gets the piece of cake with the "baby" in it has to give the next party. It's an old custom that is still very much in practice today in Louisiana.

This "brioche" dough is soft and tender. If you want to make a king cake, add more flour to this recipe and roll the dough into a sheet. Then roll it up and twist it, like a coil, and form a ring. Chopped crystallized fruit or raisins can be added to the dough. You can insert the "baby" in the dough and bake it at 350° on a cookie sheet for about 30-40 minutes.

SUGARED ORANGE CAKE AND GLAZE

½ C. softened butter
1⅔ C. sifted powdered sugar
2 extra large eggs
½ tsp. vanilla
1 C. sifted cake flour
Powdered sugar
2 C. sifted powdered sugar
½ C. fresh orange juice
1 tsp. orange peel, freshly grated
2 tbsp. orange liqueur
½ tsp. fresh lemon juice

1. Preheat oven to 350°. Beat butter until creamy. Gradually add 1⅔ C. powdered sugar, beating until mixture is light and fluffy. Beat in eggs one at a time beating well after each addition. Stir in vanilla. Mix in flour.
2. Spread batter evenly into two buttered 8-inch cake pans lined with buttered wax paper. Bake just until cake springs back when touched lightly, about 20 minutes. Remove from oven and sprinkle with powdered sugar. Turn onto rack. Remove wax paper, cool.
3. In a one-quart saucepan, stir together 2 C. powdered sugar and orange juice. Heat just to boiling. Remove from heat and stir in peel. Cool without stirring. Just before using, stir in orange liqueur and lemon juice. Spread over each layer and mellow 8 hours.

STEAMED PLUM PUDDING

2 C. seedless raisins
½ C. citron, finely chopped
½ C. glacé cherries, sliced
¼ C. pitted dates, chopped
Grated rind of 1 lemon
Grated rind of 1 orange
1 large apple, peeled, cored, chopped
¼ C. orange juice
¼ C. sherry or bourbon
1 C. orange marmalade
1 C. beef suet, grated
3 eggs
1 C. sugar
1 C. cane syrup
1½ C. bread crumbs
1 C. pecans, chopped
1 C. flour
1 tsp. salt
¼ tsp. baking soda
1 tsp. cinnamon
½ tsp. allspice
½ tsp. ground cloves

1. Put first 10 ingredients in a bowl and refrigerate overnight.
2. Beat 3 eggs until light and fluffy.
3. Add sugar and cane syrup. Beat well.
3. Fold in bread crumbs, suet, pecans and then the mixture from the day before.
4. Sift 1 cup flour with remaining ingredients and stir into mixture.
5. Pour into two greased molds: 2½ quart round pyrex bowls or anything similar. Cover top with a white cotton cloth and tie with cotton string.
6. Place a pan of hot water on bottom rack of oven. Place pudding on middle rack and bake for 3½ hours at 400°-450°. Serve with hard sauce.*

* *See Index.*

ALMOND COOKIES

¾ stick butter
½ C. sugar
1 tbsp. flour
⅔ C. unblanched grated almonds
½ tsp. almond extract

1. Preheat oven to 350 degrees.
2. Melt butter, add sugar and stir until smooth. Add flour and grated almonds — use blender to grate — and extract and mix well.
3. Drop by ½ teaspoon far apart on a greased and floured cookie sheet.
4. Bake 6-8 minutes. Cool 1 minute or until cookies can be removed with spatula without crinkling.

You can substitute pecans and vanilla for the almonds and almond extract.

BROWNIES DE LA LUNE

2 eggs, well-beaten
1 C. sugar
½ C. butter, melted
½ C. flour
5 tbsp. cocoa
¼ tsp. salt
1 tsp. vanilla
½-1 C. chopped pecans
½ C. semi-sweet chocolate bits

1. Preheat oven to 350 degrees.
2. Combine eggs, sugar and butter.
3. Combine flour, cocoa and salt and stir into egg mixture.
4. Stir in vanilla, pecans and chocolate bits.
5. Pour into greased 8-inch square pan.
6. Bake 30 minutes. Cool before cutting.

These brownies are so rich that they really need nothing else, but if you must, top with whipped cream or ice cream. Bon appetit!!

ICED CHRISTMAS COOKIES

6 C. flour
1 tsp. salt
1 lb. butter – not margarine – at room temperature
2 C. sugar
4 eggs, beaten
2 tsp. vanilla
4 egg whites
½ tsp. cream of tartar
½ tsp. vanilla
5 C. sifted confection sugar
Food coloring

1. Sift flour and salt together.
2. Cream butter until soft. Gradually add sugar. Add 4 beaten eggs and vanilla. Mix well until lumps are small.
3. Add flour and salt, refrigerate 5 hours.
4. Preheat oven to 375°.
5. Roll dough out on a floured surface. Using your favorite cookie cutters, cut out cookies. Place on ungreased cookie sheet and bake until slightly golden. Cool while making the following frosting.
6. Sift confectioner sugar.
7. Beat 4 egg whites with cream of tartar until foamy. Gradually beat in sugar, until stiff peaks are formed.
8. Place in various bowls and color each one with a different food color. If icing gets stiff, add a little water.

LACE COOKIES

1 C. Quick Quaker Oats
1 stick butter or margarine
1 C. sugar
1 egg
1 tbsp. flour
1 tsp. vanilla

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well with electric mixer.
3. Line a cookie sheet with aluminum foil. Drop cookie mixture from a teaspoon – space widely – they spread out.
4. Bake about 8 minutes.
5. Let them cool and then peel them off of the foil.

MAGIC COOKIE BARS

- 1 stick butter or margarine, melted
- 1 C. graham cracker crumbs
- 1 C. chopped pecans, walnuts or peanuts
- 1 C. semi-sweet chocolate morsels
- 1 C. flaked coconut
- 1 can condensed milk

1. Preheat oven to 350 degrees.
2. Pour butter into bottom of 9 x 13" pan.
3. Sprinkle crumbs evenly over the butter, then nuts, chocolate morsels and coconut.
4. Pour condensed milk evenly over entire mixture.
5. Bake 25-30 minutes or until slightly brown on top. Cool 15 minutes before cutting.

Yield: 2 dozen.

SAND TARTS

- 2 sticks butter
- ¼ C. confectioners sugar
- 2 tsp. vanilla
- 2 C. flour
- ¼ tsp. salt
- 1 C. finely chopped pecans
- Additional powdered sugar

1. Preheat oven to 300 degrees.
2. Cream butter and add sugar and vanilla.
3. Add flour and salt. Mix well and add pecans.
4. Form cookies in crescent shape and bake on ungreased cookie sheets until slightly brown – about 30 minutes.
5. Coat with additional powdered sugar while hot.

Makes about 2 to 3 dozen.

VARIATIONS: (1) Substitute chocolate chips for the pecans. (2) To ice sand tarts, form them into a flat shape and, when baked and cooled, combine 1½ cups confectioners sugar, 4 tbsp. cocoa, 2 tbsp. or more hot water and ½ tsp. vanilla and spread on top of each cookie. (3) Add ½ tsp. grated lemon rind or orange rind. (4) After placing cookie on cookie sheet, make a small dent with knives or spoons and add a bit of jelly or preserves.

3 C. flour
3 tsp. soda
1 tsp. cinnamon
1 tsp. ground cloves
1 tsp. nutmeg
1 tsp. salt
1⅓ C. dark brown sugar
1 stick butter or margarine
4 eggs
½ C. bourbon
3 tbsp. milk
1½ lb. pecans, chopped
¼ lb. peanuts, chopped
1 lb. glazed pineapple, chopped
1 lb. cherries, red and green, chopped
1 lb. white raisins
1 lb. dark raisins, dates or figs
½ C. flour

SOUTHERN FRUIT CAKE COOKIES

1. Preheat oven to 300°.
2. Combine first six ingredients and sift together three times.
3. Cream butter and add sugar gradually. Add eggs one at a time.
4. Add whiskey and milk and add this to the dry ingredients. Combine fruit and add ½ cup flour then mix well.
5. Drop by heaping teaspoons onto greased cookie sheet. Place pan of water on bottom of the oven. Bake 20-30 minutes or until done.

These can also be made as muffins. These keep well in air-tight containers and may be made ahead for holidays.

1 C. sugar, sifted
2 egg whites
⅛ tsp. salt
½ tsp. vanilla
½ tsp. grated lemon rind, optional
1 C. pecans, chopped

SOUTHERN KISSES

1. Whip until stiff, not dry, the egg whites and add the salt and the sugar very slowly. Whip constantly. Add vanilla and rind. Fold in the nuts.
2. On a greased baking sheet, drop the batter from a spoon and try to shape into a cone. Bake very slowly in a 250 degree oven until they are partly dry and retain their shape. Remove them from the pan while hot.

VARIATIONS: You can also add some chopped dates instead of the pecans. Try a chocolate chip baked on top of the kisses. One-fourth pound of almonds, blanched and cut up into thin shreds is another option. If you're a coconut fan, try one cup of shredded coconut instead of the nuts.

SUMMER-TIME LEMON SQUARES

Crust:
1 stick butter
1 C. flour
¼ C. powdered sugar

Filling:
2 eggs, slightly beaten
2 tbsp. lemon juice
Grated rind from one lemon
½ tsp. baking powder
1 C. sugar
2 tbsp. flour
Powdered sugar

1. Combine butter, 1 cup flour and ¼ cup powdered sugar for the crust and cut fine. Put in a 9" square pan. Press down and spread flat over the pan. Bake at 350 degrees for 15-20 minutes.
2. Combine remaining ingredients for the filling and pour over the crust. Bake at 350 degrees for 25 minutes. Sprinkle with powdered sugar and cut into squares. They won't last long — they are simply delicious!

BLACKBERRY COBBLER

3 C. fresh blackberries
¼ C. water
½ C. sugar
Lemon juice
3 (17-oz.) cans blackberries and juice
1 C. flour
1¼ tsp. baking powder
2 tbsp. sugar
½ tsp. salt
2 tbsp. butter or margarine
⅓ C. milk

1. Preheat oven to 350°.
2. Combine fresh and canned berries with water, ½ cup sugar, lemon juice and berry juice.
3. Combine flour, baking powder, sugar and salt. With two knives cut in the butter until mixture resembles coarse corn meal.
4. Add milk slowly. Mix just to moisten.
5. Roll the dough out on a floured surface to a thickness of ¼ inch. Cut several large biscuits.
6. Heat fruit mixture, place in an 8-10 inch pan, top with biscuits and bake 10-15 minutes until tops of biscuits are moderately browned.

Serve hot preferably, or cold with vanilla ice cream, crème auglaise,* whipped cream or crême fraîche.*

Try other fruits: peaches, raspberries, blueberries, strawberries, etc.

* *See Index.*

BRANDY ALEXANDER PIE

1 envelope unflavored gelatin
½ C. water
⅔ C. sugar
⅛ tsp. salt
3 eggs, separated
¼ C. cognac
¼ C. crème de cacao
2 C. heavy cream, whipped
One 9" graham cracker crust
Chocolate shavings, for garnish

1. Sprinkle gelatin over cold water in a saucepan. Add ⅓ cup of the sugar. Add salt and egg yolks and stir to blend.
2. Heat gelatin mixture over low heat until gelatin dissolves and mixture thickens. Stir constantly. Do not boil.
3. Remove from heat and stir in the cognac and crème de cacao. Chill until mixture thickens somewhat.
4. Beat egg whites until stiff. Gradually beat in remaining sugar and then fold this mixture into the gelatin mixture.
5. Fold in half the whipped cream. Turn into pie crust. Chill several hours or overnight.
6. Ice with remaining whipped cream and chocolate shavings.

CHOCOLATE PIE

12-oz. semi-sweet chocolate pieces
¼ C. milk
¼ C. sugar
Pinch of salt
4 eggs, separated
1 tsp. vanilla
9-inch baked pie shell
1 C. whipping cream

1. Combine chocolate, milk, sugar and salt in top of double boiler. Heat until blended and smooth. Cool slightly, 5-10 minutes.
2. Add egg yolks, one at a time beating well after each addition. Blend in vanilla.
3. Beat egg whites until stiff. Fold into chocolate mixture. Pour into baked pie shell and refrigerate at least 3 hours.
4. Before serving, whip cream and spread on top of pie.

COOLING LIME MERINGUE PIE

4 egg yolks
1 (14-oz.) sweetened condensed milk
½ C. fresh lime juice
1 baked 9" pie shell or graham cracker crust
4 egg whites
1 tbsp. sugar
Pinch of salt

1. In a mixing bowl beat egg yolks. Add condensed milk and beat until blended. Slowly add lime juice mixing well. Custard will thicken as you add juice. Pour immediately into baked pie shell or graham cracker crust.
2. In a mixing bowl, beat egg whites until stiff. Gradually add sugar and salt, beating constantly. Spread meringue over filling, sealing to the edges of the crust.
3. Bake in a preheated 350° oven until delicately browned, about 8 to 10 minutes.

FUDGE BROWNIE PIE

2 squares unsweetened chocolate
½ C. butter or margarine
⅛ tsp. salt
2 eggs, separated
1 C. sugar
¼ C. flour
1 tsp. vanilla
½ C. chopped pecans or walnuts

1. Preheat oven to 350 degrees.
2. Melt chocolate, butter and salt in top of double boiler. Cool.
3. Beat egg yolks until lemon colored. Add sugar gradually and add vanilla. Beat well.
4. Add cooked chocolate mixture and stir briefly.
5. Add flour and stir briefly. Fold in nuts.
6. Beat egg whites until stiff and fold into mixture.
7. Pour into a greased 8 x 8-in. pan and bake 30 minutes.

GRASSHOPPER PIE

2 tbsp. melted butter
14 crushed chocolate Oreo cookies
24 regular marshmallows
½ C. milk
4 tbsp. crème de menthe
2 tbsp. white crème de cacao
1 C. heavy cream, whipped

1. Combine melted butter and crushed cookies and press on to the bottom and sides of a 9 x 10" pie plate.
2. Melt marshmallows in milk over low fire. Remove from fire and add crème de menthe and crème de cacao. Chill.
3. When marshmallow mixture has chilled completely, fold in whipped cream, pour into prepared shell and freeze.

PIÑA COLADA CHIFFON PIE

2 C. flaked coconut
3 tbsp. butter or margarine, melted
1 envelope unflavored gelatin
¼ C. sugar
⅛ tsp. salt
¾ C. unsweetened pineapple juice — not fresh
2 tsp. lemon juice
3 slightly beaten egg yolks
¼ C. light rum
3 egg whites
2 tbsp. sugar
1 C. heavy cream, whipped
Crushed pineapple — optional
Chopped cherries — optional

1. Preheat oven to 325 degrees.
2. Combine coconut and butter in a 9-inch pie plate. Press evenly on bottom and up sides.
3. Bake 20 minutes or until golden brown. Cool.
4. Combine gelatin, the ¼ cup sugar and salt. Add pineapple juice, lemon juice and egg yolks. Mix well. Cook and stir over medium heat until gelatin dissolves and mixture is slightly thick. Remove from heat. Cool slightly.
5. Stir in rum. Chill until mixture is the consistency of syrup, stirring occasionally.
6. Beat egg whites, gradually adding remaining sugar, until stiff peaks form. When chilled gelatin is partially set, fold in egg whites.
7. Fold whipped cream into gelatin mixture and pineapples and cherries.
8. Pour into pie crust and chill overnight.

PLAQUEMINE PERSIMMON PIE

3 eggs
2 C. persimmon pulp
1½ C. sugar
½ tsp. cinnamon
½ tsp. nutmeg
1¾ C. milk
½ tsp. soda
2 C. flour, sifted
3 tbsp. melted butter
1 C. chopped nuts
2 deep dish 9-inch pie shells
Whole pecan halves for decoration, optional

1. Beat eggs and add persimmon pulp. Mix well. Add sugar, cinnamon and nutmeg. Mix well.
2. Add milk, the dry ingredients, melted butter and mix well. Blend in the chopped nuts. Pour into pie shells. If desired, top with pecan halves.
3. Bake at 325° for 1 hour to 1 hour and fifteen minutes. Test for doneness by inserting knife in the middle. If it comes out clean the pie is done. Serve the pie with some hard sauce.*

* *See Index.*

INFORMATION: Persimmon is the fruit of a tree, Japanese in origin, which grows in the southern U.S.A. It is rather like a tomato in appearance. As it ripens it turns from yellow to red. The fruit has a sweet, pleasant taste. In Louisiana, Plaquemine is the local Indian name for persimmon.

RASPBERRY MERINGUE PIE

4 egg whites, at room temperature
Pinch of cream of tartar
1 C. sugar
1 tsp. vanilla
⅓ C. almonds, sliced
2 (10-oz.) packages frozen raspberries, thawed
2 envelopes gelatin, unflavored
1 C. amaretto
1 C. heavy cream, whipped
Raspberries, fresh or frozen for garnish

1. Preheat oven to 275°.
2. Beat egg whites with cream of tartar until soft peaks form. Add sugar, 1 tbsp. at a time and beat until meringue is stiff and glossy.
3. Spread ⅔ of the mixture over the bottom and sides of a 10-inch pie plate. Take the rest of the mixture and mound it up all around the edge of the pie plate, forming a decorative collar, or, if you have a pastry bag, fit it with a star tip and make rosettes all along the edge of the pie plate.
4. Sprinkle almonds inside shell. Bake 1-1½ hour until meringue is lightly browned and firm to the touch. Turn oven off and let meringue cool in oven.
5. Place raspberries in blender and blend quickly, then place raspberries in saucepan, stir in gelatin and stir over low heat until gelatin is dissolved.
6. Stir in amaretto and chill the mixture to consistency of egg whites.
7. Fold in whipped cream and chill until mixture mounds when dropped from spoon.
8. Pour into meringue shell, garnish with more berries and chill at least 4 hours.

Strawberries may be used in place of raspberries. 8-10 servings.

SOUTHERN PECAN PIE

1 C. white corn syrup
1 C. dark brown sugar
⅓ C. melted butter or margarine
1 heaping cup shelled pecans
3 eggs, beaten
1 tsp. vanilla
¼ tsp. salt
9-in. pie shell

1. Preheat oven to 350 degrees.
2. Combine all ingredients and place in unbaked pie shell. Bake 45-50 minutes.

May be served with crème fraîche,* whipped cream or vanilla ice cream.

* See Index.

CRÊME BRULÉE

1 pint whipping cream
3 tbsp. dark brown sugar, plus more for topping
3 tbsp. cognac, plus a little to sprinkle on top
4 egg yolks
1 tsp. vanilla
Pinch of salt

1. Preheat oven to 250°.
2. Scald cream in top of double broiler. Do not boil.
3. Add sugar and cognac and stir until sugar is dissolved and blended. Remove from fire.
4. Beat egg yolks well. Slowly add cream mixture to egg yolks, whisking constantly. Add vanilla and salt.
5. Ladle mixture into six individual oven-proof custard cups. Place cups in pan of hot water.
6. Place all on center rack of oven and cook for 1 hour 15 minutes or 1½ hour. Remove, cool, cover and refrigerate.
7. Cover custards evenly with ¼ to ½ inch of dark brown sugar. Put custard cups in a pan of ice cubes turn broiler on high.
8. Place all under hot broiler. Watch constantly. A hard brown crust will form on top. Turn if sugar starts to burn in spots. Again, watch constantly because the crust forms quickly.
9. Remove from broiler, cool slightly and refrigerate.
10. At least 1 hour before serving, sprinkle a little cognac on top.

This can be made one or two days ahead of serving.

CRÈME RENVERSÉE AU CARAMEL

(These may be made in individual molds and will take slightly less time to cook.)

- 3 eggs, beaten
- 2 egg yolks, beaten
- 1½ C. sugar
- 1 C. heavy cream
- 1 C. milk
- 2 tbsp. grated orange or lemon rind, optional
- 1 tbsp. vanilla

1. Stir 1 cup of the sugar in a heavy pot over low heat until it melts and is caramel colored.
2. Pour caramel syrup into a mold and turn mold around until sides are coated. Refrigerate while making custard.
3. Combine egg, egg yolks and ½ cup sugar and beat well to blend.
4. Scald cream and milk over low to medium heat. Do not boil.
5. Gradually add cream mixture to egg mixture, stirring constantly. Stir in vanilla and rind.
6. Pour custard into mold and place mold in pan of hot water.
7. Bake in 350 degree oven for about 45 minutes or until a knife inserted in the center comes out clean.
8. Refrigerate custard. When thoroughly chilled, unmold on serving plate and serve cold.

MÉMÈRE'S BREAD PUDDING

- 3 C. diced stale French bread
- 5 eggs, beaten
- 3 C. milk
- 1 C. heavy cream
- ¾ C. sugar
- ½ tsp. grated lemon or orange rind
- ½ tsp. vanilla
- ½ C. raisins, optional
- Nutmeg
- Butter and sugar for topping

1. Preheat oven to 300 degrees.
2. Place bread in a buttered 3-qt. casserole.
3. Heat, but do not boil, the milk and cream together and slowly pour over the eggs, beating well.
4. Add sugar and vanilla to egg mixture. Mix until sugar is dissolved. Pour over bread. Dot with butter, sprinkle sugar, nutmeg and rind — and raisins — on top.
5. Place in pan of hot water. Bake at 350 degrees for 1 hour, or until a knife inserted in the center comes out clean.

Serve hot or cold with the following sauce.

MÉMÈRE'S BREAD PUDDING SAUCE

- 1 C. orange juice
- ½ C. sugar
- 1 tsp. grated orange rind

1. Boil juice and sugar. Stir in rind and cool.

OEUFS À LA NEIGE — EGGS IN SNOW

2 eggs, separated
2 egg yolks
1½ C. sugar
¼ tsp. salt
2 C. half and half, scalded
½ tsp. vanilla

1. Preheat oven to 500°.
2. Beat the 4 egg yolks well. Place in the top of a double boiler with ¼ cup of the sugar and the salt.
3. Slowly stir in the scalded cream. Cook over boiling water — water should not touch top part of double boiler — until custard coats a wooden spoon.
4. Cool immediately in a bowl of ice water. Stir, and stir in the vanilla.
5. Pour into oven-proof souffle dish or individual bowls.
6. Beat egg whites with a dash of salt to soft peaks. Gradually add ¼ cup sugar and beat to stiff peaks. Heap the egg whites on the custard.
7. Place souffle dish or bowls in a pan of ice water and put the whole into the hot oven just long enough to brown the tips of the meringue.
8. Meanwhile, caramelize remaining 1 cup sugar by stirring over low heat in heavy pot until sugar melts and forms a syrup. Immediately drizzle over meringue puffs and custard.

Serves 8.

VARIATIONS: FLAVORED CUSTARDS

Flavor custard with 1 tablespoon grated lemon or orange rind, or a little rum or brandy.

Flavor egg whites or custard with almond extract. We prefer the caramel, but it may be omitted, if you wish.

PRUNE WHIP

8 oz. pitted prunes
½ C. water
7 tbsp. brandy or fruit juice
1 envelope gelatin
4 eggs, separated
2 egg whites
10 tbsp. sugar
1 tbsp. white vinegar
¾ C. sour cream
½ C. pecans, chopped, optional

1. Combine prunes, ¼ cup water and 4 tablespoons brandy in heavy 1 quart saucepan over medium heat. Cook until prunes are soft and most of the liquid is absorbed — about 10 minutes. Cool to room temperature.
2. Soften gelatin in remaining ¼ cup water in small heat-proof bowl. Set in pan of simmering water and stir until gelatin dissolves. Remove from water.
3. Beat 6 egg whites and 4 tablespoons of sugar until stiff, adding vinegar toward the end.
4. Place prunes with any remaining liquid, into a blender along with 6 tablespoons of sugar and 4 egg yolks. Blend 1 minute.
5. Add gelatin, 3 tablespoons brandy and sour cream. Blend briefly.
6. Place prune mixture into medium bowl and gently fold in egg whites and pecans.
7. Spoon into a 6-7 cup souffle dish and refrigerate until set. Serves 6 to 8.

PURE BAYOU BREAD PUDDING

1 C. raisins
Bourbon
6-8 C. stale French bread, or any white bread
4 C. milk
2 C. sugar
3 eggs, beaten lightly
2 tbsp. vanilla
Pinch of salt
3 tbsp. melted butter

1. Soak the raisins in bourbon whiskey, preferably overnight, although a few hours will do. Rum is a substitute, but we like bourbon.
2. In a large bowl, break the bread into pieces and add the milk. Soak for about 15 minutes. Add the sugar, eggs, vanilla and a pinch of salt. Fold in the raisins and blend well.
3. In an oven-proof baking pan or dish, 9 x 9" or other, melt butter and grease the pan. Pour in the bread mixture. Bake in a non-preheated 350 degree oven for about an hour. A knife inserted should be moistened.

You can add coconut, pecans, apples and cinnamon and nutmeg or a few drops of orange flower water. Experiment! Serves 10-12.

RICH CHOCOLATE MOUSSE

1 qt. whipping cream
½ lb. sweet or semi-sweet chocolate chips

1. Bring to a boil, the cream. When it boils, remove from heat and beat in the chocolate. Continue beating until the hot cream has completely melted all the chocolate.
2. Let the mixture cool completely and refrigerate. When it is cold, whip it like cream. Just whip it stiff and you have a mousse!

STRAWBERRY MOUSSE

3 pts. strawberries, hulled and washed
1½ tbsp. plain gelatin
½ C. orange juice
Granulated sugar to taste
2 C. whipping cream

1. Purée the strawberries in a blender or food processor.
2. Heat orange juice and soften gelatin. Then stir in strawberry purée along with the amount of sugar you desire. Mix well.
3. Stir the purée over ice until it thickens and begins to set. When set, whip the cream until stiff and fold into the thickened strawberry purée and pour into a mold.
4. When set 2 to 3 hours, unmold and decorate with more whipped cream.

STRAWBERRY MOUSSE PONCHATOULA

2 envelopes plain gelatin
½ C. cold water
1 pt. strawberries, puréed (or raspberries)
½ C. sifted powdered sugar
2 egg whites
6 tbsp. granulated sugar
4 tbsp. kirsch
2 C. heavy cream, whipped with 4 tbsp. powdered sugar

1. Dissolve gelatin in cold water. When dissolved, heat the gelatin. Mix gelatin in a bowl with the puréed strawberries and powdered sugar. Cool this mixture over ice just until it begins to thicken — if it's too thick you won't be able to fold in the other ingredients.
2. Beat the egg whites with the granulated sugar.
3. When the cream has been whipped, add the kirsch to the strawberry mixture and quickly fold it into the cream. Then fold in egg whites. Put in a 6 cup mold pan and refrigerate — or freeze for ice cream texture.

BANANA CRÊPES

⅓ C. butter
½ C. orange marmalade
2 tbsp. sugar
1 tbsp. cornstarch
3 lg. bananas, sliced
3 tbsp. rum or Grand Marnier
2 tbsp. powdered sugar
Nutmeg
8 warm dessert crêpes*

1. Heat butter and marmalade until marmalade melts. In a separate container mix sugar and cornstarch. Gradually stir in butter mixture and cook over medium heat until mixture bubbles.
2. Remove from heat, add rum or Grand Marnier and gently stir in bananas. Divide between warm crêpes and roll or fold, sprinkle with confectioners sugar and a little nutmeg.

8 servings.

* *See Index.*

CRÊPES SUZETTES

6 cubes of sugar
2 oranges, rind of 2 and juice of 1 orange
1 lemon, rind and juice
1 stick butter, softened
¼ C. Grand Marnier, Curaco, Cointreau or Benedictine
12 dessert crêpes*
¼ C. brandy

1. Rub sugar over the cut up rind of the oranges and lemon and combine in a shallow bowl with the softened butter. Let sit for 15 minutes.
2. Place the flavored butter in a "chafing dish" pan and add juice of the *one* orange and one lemon and ¼ cup of liqueur. Heat to bubbling. Remove from fire. Add crêpes one at a time, coat each with the sauce, fold it into a triangle and push it to the side of the dish.
3. When all crêpes are coated with sauce, arrange them in the chafing pan and heat through. Flame the crêpes with ¼ cup brandy and serve immediately.

* *See Index.*

DESSERT CRÊPE BATTER

4 eggs
1 C. flour, sifted
2 tbsp. sugar
1 C. milk
¼ C. water
1 tbsp. melted butter

1. In a medium bowl beat eggs. Gradually add flour and sugar alternating with milk and water. Beat with electric mixer or whisk until smooth. Beat in butter. Refrigerate batter for about 1 hour before use. The batter should be the consistency of light cream. If it gets too thick while standing, thin by adding more liquid. If it's too thin, thicken in the blender with more flour.

   Cook the crêpes in a pan with a little oil. If the batter forms a clump in the middle of the pan, the pan is too hot. The bottom of the pan should be evenly covered with the batter. Soggy crêpes result from prefolding crêpes around a juicy or greasy filling too long before serving. It's much better to serve separately a stack of crêpes and the filling and permit the diner to fold his own. Makes 20-25 crêpes.

2. Three (3) different ways to serve crêpes:

   A. ROLL-UP: Place crêpe, best looking side down, on board or plate. Spread filling over other side, leaving about ¼" border around edge. Starting at one side, roll up like a jelly roll. This is a good shape for most fillings.

   B. FOLD OVER: Place crêpe, best looking side down on board or plate. Spoon or spread filling along center of the crêpe. Fold one side over covering most of the fillings. Fold over opposite side, overlapping first fold. This is easy and shows off the filling.

   C. CRÊPE SUZETTE FOLD: Place crêpe best looking side down on board or plate. Spoon filling on center of the crêpe. Fold in half; fold in half again — forming a triangle four layers thick — good for creamy fillings.

HOT ICE CREAM CRÊPES

12 cold dessert crêpes*
1 pt. coffee ice cream
Chocolate sauce*

1. Preheat oven to 475 degrees. Divide ice cream between crêpes and roll up. Place in oven-proof dish and bake in hot oven for about 2-3 minutes. Serve with cold chocolate sauce.

4-6 servings.

* *See Index.*

WHIPPED-CREAM FILLED CRÊPES

½ pt. heavy cream, chilled
Sugar and vanilla to taste
1 pt. fresh strawberries or raspberries
6 warm dessert crêpes*

1. Whip chilled cream until thick. Add sugar and vanilla to taste. Divide whipping cream between crêpes, fill and roll. Garnish with fine Louisiana strawberries and sprinkle a little sugar on top.

6 servings.

Try a filling of crème fraiche for a simple variation. Remember there is elegance in simplicity.

* *See Index.*

CARAMEL COFFEE ICE CREAM AU PRINCE

1 can condensed milk
1 C. heavy cream
½ C. very strong black coffee

1. Boil unopened can condensed milk in water to cover for 3½-4 hours. Be careful not to let the water boil down. Add as necessary.
2. Remove can from water and cool thoroughly.
3. When milk is cooled, whisk it with the coffee until mixture is smooth.
4. Whip cream to stiff and fold into coffee and milk mixture. Freeze.

Serves 4.

COUNTRY WATERMELON ICE

8 1-inch pieces watermelon — about half of a medium watermelon, seeds removed
1 C. sugar
¼ C. fresh lemon juice

1. Place half of watermelon pieces in blender with half the sugar and half the lemon juice.
2. Blend on high speed until sugar is dissolved.
3. Repeat process with remaining ingredients. Place in refrigerator trays and freeze until firm. Makes 1 quart.

FROZEN GRAPE DESSERT

Seedless grapes
Sour cream
Brown sugar

Place grapes in a nice serving bowl. Use enough sour cream to just coat the grapes. Combine sour cream with enough sugar to make it moderately sweet and toss the grapes in this. Freeze.

Serve frozen, spooned into individual bowls.

FROZEN LEMON SQUARES

½-1 C. graham cracker crumbs
1 can evaporated milk, chilled
Juice and grated rind of 2 lemons
¾ C. sugar

1. Butter the bottom of a 9 x 13" pan and sprinkle a layer of crumbs on top, reserving crumbs for top.
2. With a rotary beater, whip the evaporated milk until stiff, adding the sugar and then the lemon juice and rind right at the end.
3. Spoon into the pan and sprinkle remaining crumbs on top.
4. Freeze and cut into squares to serve.

Serves 8-10.

FRUIT ICE CREAM

3 egg yolks, beaten
1 can condensed milk
1 tsp. vanilla
½ C. chopped fruit
2 C. whipping cream, whipped
2 C. washed or puréed fruit

1. Combine beaten egg yolks, condensed milk, vanilla and chopped and mashed fruit.
2. Fold in whipped cream and freeze.

You may use any fruit — if you use blueberries, try omitting the vanilla and adding 1 tbsp. grated lemon rind. Experiment!!

ICE CREAM À LA TORTONI

2 qts. vanilla ice cream
1-2 C. macaroon crumbs, soaked in brandy or sherry
½ C. diced candied cherries
1 C. chopped toasted almonds

1. Break ice cream into chunks and soften slightly. Add crumbs, cherries and almonds and stir quickly. Pack in a freezer container and store.

A simple, quick dessert.

NECTAR ICE CREAM SODA

2 C. sugar
2 C. milk or 1 C. water and 1 C. evaporated milk
2 tbsp. vanilla extract
2 tbsp. almond extract
6-7 drops red food coloring
Vanilla ice cream
Club soda

1. Combine first five ingredients. Mix well.
2. Put a scoop or two of vanilla ice cream in each glass — parfait or regular. Pour 4-6 tablespoons nectar sauce, or to taste, over the ice cream. Then fill glass with club soda and stir lightly.

TIP: PARFAITS

To make a parfait, fill a tall, thin "parfait" glass with alternate layers of ingredients such as vanilla ice cream, crème de menthe and top with whipped cream and a cherry and freeze. Remove from freezer about ten minutes before serving. Experiment with grand marnier, kahlua, or crème de cocoa. Don't forget a praline sauce parfait à la Louisiane.*

** See Index.*

PATIO LEMON ICE

2 tsp. grated lemon rind
2 C. sugar
4 C. water
¼ tsp. salt
¾ C. lemon juice
Fresh fruit flavored with rum

1. Grate rind onto sugar. Add this to water and salt in a pot and heat until sugar is dissolved. Chill the syrup.
2. Add lemon juice and freeze in a mold pan. Vigorous beatings at intervals during freezing time will give the ice the quality of a frappe. Yields 1½ quarts.
   Serve in a mound with fresh fruit flavored with rum.

PONCHATOULA STRAWBERRY ICE

2 qts. strawberries
1 C. sugar
1 C. water
Juice of 1 lemon

1. Bring sugar and water to a boil and then simmer for 5 minutes. Cool to room temperature.
2. Wash and hull berries. Place in blender with cooled sugar water and lemon juice. Blend briefly.
3. Pour into freezer container and freeze until firm for about one inch around the edge. Beat with electric mixer until smooth. Return to freezer and freeze to firm.
   Makes 8-10 servings.

RASPBERRY ICE CREAM

10 oz. pkg. frozen raspberries, thawed
½ C. sugar
2 C. half and half

1. Blend raspberries on high speed until liquefied.
2. Add sugar, half and half and blend until well mixed.
3. Pour in refrigerator tray and freeze to mushy stage, about 1½ hours.
4. Pour into blender and blend on medium speed about 1 minute.
5. Return to refrigerator tray and freeze to firm, about 8 hours.

BOURBON SAUCE

½ C. butter
1 C. powdered sugar
1 egg yolk
½ C. bourbon, or Grand Marnier

1. Cream butter and the sugar, over low heat, stirring constantly. Blend in the egg yolk. Gradually pour in the bourbon — continuing to stir over low heat. Bourbon whiskey is our pick, but try a little Grand Marnier for a slight orange flavor. Serve over the hot bread pudding.

CRÈME ANGLAISE

6 egg yolks
3 tbsp. sugar
2 C. half and half, scalded
1 tsp. vanilla

1. Whisk together the egg yolks and sugar until light and fluffy, about 3 minutes.
2. Add the half and half in a stream, slowly stirring constantly.
3. Transfer custard to a heavy pan and cook over moderately low heat until it thickens and coats a wooden spoon. *Do not let it* come to a simmer. Remove from heat and stir in vanilla.
4. Cool by placing pan in another pan filled with ice. Stir.
5. Cover and chill. Makes 3 cups.

Delicious on fruit desserts, with pies and cobblers, custards, ice cream — any time cream would be used.

Vary the flavoring by adding chocolate to the custard while cooking, or add cognac or any liqueur after cooking. Experiment!

TIP: FLAVORED WHIPPED CREAM
When using whipped cream as a garnish, try flavoring it during the final part of the beating with various flavors combined with a little sugar: cocoa, grated orange or lemon rind, brandy, sherry, vanilla or almond extract.

SAUCE CRÈME LIMON

4 lemons
1¼ C. sugar
4 eggs
1½ sticks unsalted butter at room temperature

1. Squeeze the juice from the lemons into a bowl.
2. Add the grated zest — outer yellow skin only.
3. Beat sugar and eggs together in a separate bowl until light and lemon-colored. Add lemon juice and zest. Beat in butter until smooth.
4. Pour into a saucepan, bring to a boil, whisking constantly. Remove from heat immediately, strain, cool and chill. Makes 1½-2 cups.

Delicious on fruit desserts, cakes, cookies — particularly ginger snaps, puddings, and ice cream.

TIP: FRUIT ENHANCEMENT

Creme fraiche plus a sprinkling of sugar is a delightful enhancement to any fruit. This combination makes a superb dessert for any occasion!*

** See Index.*

HOT FUDGE SAUCE

4 tbsp. butter
4 oz. unsweetened chocolate
⅔ C. boiling water
2 C. sugar
¼ C. light corn syrup
¼ tsp. salt
2 tsp. vanilla
1 tbsp. rum, optional

1. Melt butter in heavy 3 qt. saucepan over low heat. Add chocolate and let melt.
2. Stir in water, sugar, corn syrup and salt. Bring to a boil over medium heat and cook without stirring for 8-10 minutes.
3. Cool slightly and add vanilla and rum. Serve hot over ice cream.

Store in refrigerator and reheat over very low heat. If sauce should become grainy, stir in one or two tablespoons hot water.

This is the old fashioned sauce that thickens when spooned on ice cream!

KIWI SAUCE

2 kiwi fruit
2 tbsp. sugar
1 tbsp. orange or lemon juice or water

1. Combine all ingredients in blender and blend quickly.
2. Chill thoroughly.

Try this sauce with cakes, fruits, custards, ice creams. Use your imagination!

Strawberries or raspberries may be substituted for the kiwi. Wines or liqueurs may be substituted for the fruit juice.

PRALINE SAUCE

1½ C. dark brown sugar
⅔ C. light corn syrup
½ stick butter
1 C. evaporated milk
1 C. pecans, chopped

1. Combine sugar, syrup and butter; cook to 246° or hard ball test. Remove from heat and blend in milk. Return to heat and cook 5 minutes longer to desired thickness — add pecans.

Makes 2 cups. Serve hot or cold over ice cream.

SOUTHERNER'S HARD SAUCE

⅓ C. butter
1 C. powdered or ¾ C. granulated sugar
1 tbsp. brandy or bourbon whiskey

1. Cream butter and gradually add sugar. While continuing to beat, add brandy or bourbon *drop by drop*.

This is a "winter" sauce good with mince meat, persimmon pie, pumpkin pie or bread pudding.

CARAMEL FUDGE

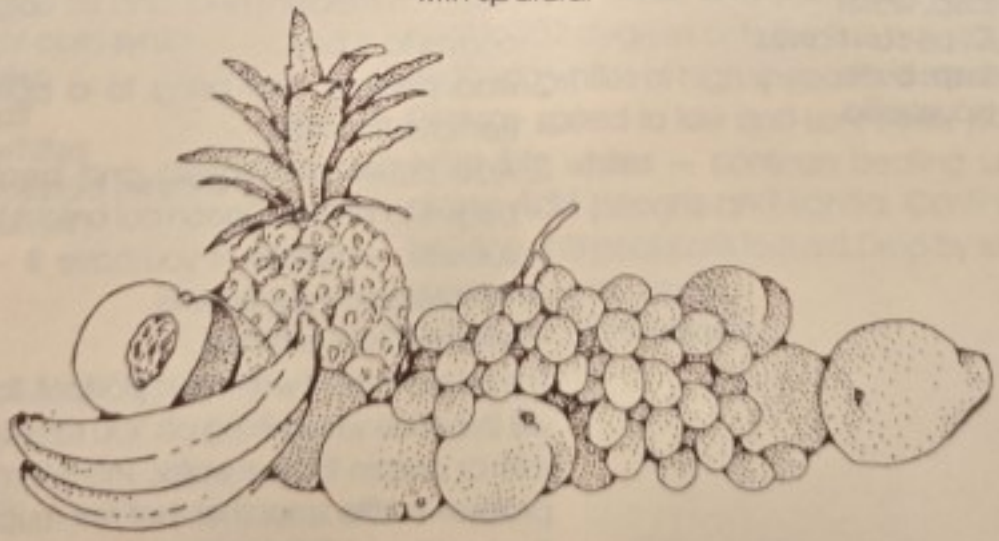
3 C. sugar
1 C. whipping cream
¼ C. butter
1 C. chopped pecans
1 tsp. vanilla

1. In a heavy-bottomed saucepan, combine 2 cups of the sugar with the cream and heat to the boiling point, stirring constantly.
2. Caramelize the remaining cup of sugar by melting slowly in a heavy pot. Slowly add caramel to the sugar and cream mixture.
3. Cook until mixture reaches the soft ball stage — 238 degrees on candy thermometer. Remove from heat.
4. Add butter, pecans and vanilla. Beat until thick. Pour into a buttered 9 inch square pan. Cut when cool.
   Makes about 30 pieces.

CHOCOLATE DIPPED FRUIT

12-oz. semi-sweet chocolate chips
¼ C. vegetable oil
Fresh strawberries, cherries, grapes or orange sections, sliced bananas, pears, peaches or pineapple — stem on when possible, surfaces as dry as possible.

1. In top of double boiler, set over simmering water, melt chocolate with the oil. Stir until smooth. Remove from heat, but leave chocolate over the hot water.
2. Holding fruit by stem when possible — use toothpick otherwise — dip into chocolate, shaking off excess.
3. Place on foil-lined cookie sheets. Refrigerate. Chocolate sets within 15-20 minutes. Remove with spatula.



CRACKLY PEANUT BRITTLE

2 C. sugar
1 C. white corn syrup
½ C. water
2 C. raw peanuts, with skins
1 tbsp. butter
1 tsp. baking soda

1. Combine sugar, corn syrup and water in a heavy saucepan. Place on medium heat and stir until sugar melts.
2. Add peanuts. Continue cooking over medium heat, stirring occasionally, until mixture reaches the hard crack stage — 300°-305° on the candy thermometer. If you don't have a thermometer, cook until mixture is a golden brown and you can smell the peanuts cooking.
3. Remove from fire and add butter and baking soda.* Mix well.
4. Pour onto well-buttered cookie sheet. As the candy cools, lift the edges, and when hard enough, flip the whole slab over. When completely cool, break into pieces.

*The soda is important. It makes the brittle foam up to give the final consistency. It also turns it yellow, but the color is fine when hardened.

VARIATION: CHOCOLATE PEANUT BRITTLE
When peanut brittle is cool, coat with 8-10 oz. semi-sweet chocolate bits.

CREOLE PECAN PRALINES

2 C. light brown sugar
4 tbsp. water
2 C. pecan halves
1 tbsp. butter
1 tsp. vanilla

1. Combine sugar and water in a heavy pot. Place on medium heat and stir until mixture comes to a boil.
2. Add pecans and bring to a boil again. Remove from fire.
3. Add butter and vanilla and beat until it begins to thicken. Spoon out onto a buttered surface — marble, if you have it — about 1 tablespoon per praline.
   Makes 12-15 pralines.

The proportion of water is important. Too much will throw the whole thing off. You may substitute milk or cream for the water. This will make the pralines a little smoother, but not much. This is the traditional Creole praline — very sugary.

OLD-FASHIONED CHOCOLATE FUDGE

3 C. sugar
⅔ C. cocoa
1 C. milk
Pinch salt
4 tbsp. butter
1 tsp. vanilla
1 C. chopped pecans

1. Combine first four ingredients in a heavy saucepan.
2. Bring to a boil over medium heat, stirring constantly.
3. Continue boiling, without stirring, until mixture reaches the soft ball stage — 238 degrees on candy thermometer.
4. Remove from fire. Add butter and vanilla, without stirring and allow to stand about 20 minutes.
5. Add nuts and beat until mixture begins to lose its gloss. Pour into a buttered pan. Cut when cool.

VARIATION: Eliminate nuts and spoon fudge on to saltine crackers. These are called "Marguerites".

TIP: If you cook or cool or beat your fudge too long and it's just impossibly hard, you may place it in the top of a double boiler with ¼ cup milk. Heat until liquid and use as icing for two nine inch layers or one ten inch tube cake. Voilà! Creole thrift.

SOUTHERN DIVINITY FUDGE

3 C. sugar
½ C. light corn syrup
⅔ C. water
⅛ tsp. salt
2 egg whites
1 C. chopped pecans
½ tsp. vanilla

1. Cook sugar, water and salt over medium heat to 252 degrees or to the firm ball stage.
2. Beat egg whites at high speed for 3 minutes. Reduce speed to low and very slowly pour syrup into whites — continue beating until glossy. Add pecans and vanilla. Continue beating until peaks are formed. Drop by teaspoons on wax paper.

Yields: About 30 pieces.

BREAD AND BUTTER PICKLES

1 gal. cucumbers, thinly sliced
10 med. onions, thinly sliced
2 green peppers, thinly sliced
½ C. salt
5 C. cider vinegar
2½ C. sugar
2½ C. brown sugar
1½ tsp. allspice
½ tsp. turmeric
½ tsp. cloves, ground
1½ tsp. celery seed
2 tbsp. mustard seed

1. Place vegetables in a large container, sprinkle with salt and mix well. Place two trays of ice on top and cover to let stand three or more hours. Then rinse and drain well.
2. Combine with the remaining ingredients and place over low heat. Stir constantly until mixture reaches the scalding point. Do not boil.
3. Place while hot in eight sterilized pint jars.

FIG CHUTNEY

1 gal. figs, stemmed, quartered
1 C. black seedless grapes
3 C. dark brown sugar
2 C. apple cider vinegar
¼ tsp. powdered ginger
1 jar crystallized ginger, diced
1 tsp. powdered coriander
1 tsp. cinnamon
1 tsp. cayenne
1 tsp. red pepper, crushed
1 tsp. orange peel, grated
1 tsp. cloves, ground
1 tsp. hot curry powder

1. Combine all ingredients in a heavy iron pot, and cook on a low fire covered for 30 minutes. Remove lid and continue cooking for 1 to 1½ hours, or until the chutney reaches a thick, syrup consistency.

This is delicious made with cooking pears which have been peeled, cored and chopped. Also try peaches and apples!

FIG PRESERVES

1½ gal. slightly underripe figs
7 lbs. sugar
2 lemons, thinly sliced
2 tbsp. baking soda
1½ gal. boiling water

1. Combine soda and boiling water. Pour over figs and let stand for 15 minutes.
2. Rinse figs in cold water. These may be kept overnight in the refrigerator.
3. Place the 7 lbs. of sugar in a large kettle with ½ gallon water. Bring it to a boil.
4. Add figs and bring again to a slow rolling boil. Add lemon slices and boil for 1½ hours.
5. Ladle immediately into hot sterilized jars.

LOUISIANA WATERMELON RIND PICKLE

4 lbs. watermelon rind
1 tbsp. calcium oxide, obtainable at the drug store
2 tbsp. whole cloves
10 (2-inch) pieces stick cinnamon
2 tbsp. whole allspice
1 qt. cider vinegar
1 qt. water
4 lbs. sugar

1. After most of the pink meat of the watermelon has been eaten or discarded, peel the outer rind from the melon, leaving some pink. Weigh the rind. You want 4 lbs. cut into 1 inch pieces.
2. Dissolve the calcium oxide in 2 qts. water and add the rind. Soak 1 hour and drain.
3. Cover rind with fresh water and cook slowly 1½ hour or until tender. Drain.
4. Place cloves, cinnamon and allspice in a thin cloth bag and place in a large pot with 1 qt. water, vinegar and sugar. Bring to a boil. Add the rind and boil gently for 2 hours or until rind is clear and transparent.
5. Place in sterilized jars while hot. Delicious accompaniment to meats.

ORANGE MARMALADE

8 navel oranges
2 grapefruit
2 lemons
10 C. sugar (about 5 lbs.)

1ST DAY: Peel all fruit, slice pulp cross-wise. Use the peel of only the oranges and one lemon, but the pulp of all. Slice peel thinly. Combine pulp and peel and put in refrigerator overnight.
2ND DAY: Add water to cover and boil one hour. Refrigerate overnight.
3RD DAY: Add an equal amount of sugar as you have of the orange mixture. Boil until mixture reaches "sheeting" stage. As the syrup thickens and is poured from spoon, two large drops will form on either side of spoon. When those two drops come together, the marmalade is ready. This makes a firm jelly. Stop sooner for a looser mixture.

Pour hot into hot sterilized jars.

SOUTHERN PEAR RELISH

30 cooking pears
12 medium white onions
12 green peppers
1 red pepper
1 C. brown sugar
1 C. white sugar
3 pts. cider vinegar
1 tsp. celery seed
1 tsp. mustard seed
1 tbsp. whole allspice
4 tbsp. salt

1. Grind first 4 ingredients, using the largest blade of the meat grinder. Retain any juice from the pears and vegetables.
2. Combine with remaining ingredients in a large heavy saucepan.
3. Cook over low to medium heat for 45 minutes to 1 hour, stirring occasionally. Pour into sterilized jars while hot.

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NEW ORLEANS
IS A "BAYOU BANQUET"®

Get two or more Orleanians together and their conversation is sure to turn to the topic of "good eating". How this fish is prepared, the mirliton squash stuffed and baked, the best way to fix a gumbo or jambalaya, how to poach oysters, prepare a sauce, put the zip of bourbon in bread pudding, how to properly drip coffee and chicory, and on and on. Orleanians — Louisianians in fact — all love good eating. It is an acknowledgement of the heritage of their past, a potpourri of cultures.

New Orleans cuisine was originally a combination of the delicacies of France, the robust flavors of Spain... with the okra of the Africans, the herbs and roots of the Choctaw Indians, and the fiery peppers of the West Indians thrown in to create Creole cuisine. To this was added the Acadians, or Cajuns, with their superb country cooking. But true New Orleans cuisine has a reflection of other cultures as well — the Germans, Italians, Irish and English.

These early settlers "made do" with the abundance of local food resources to prepare their homeland recipes. And, with a unique knack for creating a new taste, they set the stage for today's New Orleans cuisine. Theirs was a case of trying something new and different, a trait every cook can and should acquire.

The recipes in "Bayou Banquet"® are meant to encourage you to do just that. "Make do" with a chicken in a pork or veal recipe, substitute vegetables, spices or herbs. Add your own interesting touches. Experiment! Create! Enjoy!

D. H. HOLMES
Bayou Banquet®
La.
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